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Janae Marie Kroc's  
Exclusive Story P. 96

**MICHAEL  
STRAHAN**

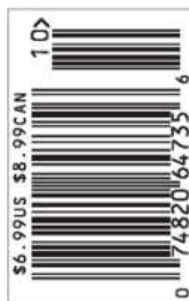
Follow His Rules  
to Win at Life  
P. 24

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# THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

## SHOCKING MUSCLE GROWTH RESEARCH IS WITHIN REACH

Groundbreaking new science has revealed that mTOR-p70<sup>S6K</sup> molecules located within muscle cells are the primary trigger for extreme muscle growth. Increase these and you increase muscle size and strength. Three specific branched chain amino acids (BCAAs) were identified to activate dramatic increases levels of these mTOR-p70<sup>S6K</sup> molecules. Gold-Standard, peer-reviewed, human-subject research demonstrated that a precise mixture and dosage of 45% L-Leucine, 30% L-Valine and 25% L-Isoleucine (BCAAs) at 8,180 mg (8.2 g) caused a 350% (3.5 times) increase in mTOR-p70<sup>S6K</sup> molecules.

## IS ORAL SUPPLEMENTATION EFFECTIVE?

The first question any skeptical supplement buyer should always ask is, "That's great in a lab, but if I take it, will it work?" The answer is definitively, yes! Oral liquid supplementation of 8.18 g of 45:30:25 ratio BCAAs boosted BCAA concentration in the blood and in muscle cells and activated the mTOR-p70<sup>S6K</sup> classic anabolic signal. This confirms that drinking your BCAAs (as in AMINOCORE) in a soluble liquid form replicates the research! You can literally implement this groundbreaking technology TODAY!

## A MUSCLE CELL SAVED IS A MUSCLE CELL EARNED

The mechanism behind AMINOCORE's ability to prevent catabolic muscle loss has been discovered. Molecules called MAFbx and MuRF-1 increase

dramatically during training. They lock on to muscle cells and act like a shredder, literally destroying muscle tissue. AMINOCORE to the rescue. The gene chip analysis showed a dramatic decline in the number of MAFbx & MuRF-1 with 8.18 g BCAAs. This is the number one reason that many people who hit the gym cannot gain or hang on to significant muscle size (a MAJOR factor preventing the addition of significant muscle to your frame).

## INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you're dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you've been looking for.

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AMINOCORE has Myotrisol™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside



from being the purest Pharmaceutical-Grade BCAAs, our Myotrisol™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

## ALL BCAAs ARE NOT CREATED EQUAL!

When you're comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? AMINOCORE has a completely transparent label protocol. We show you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketosacaproic acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

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**120MG**  
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Antioxidant Vitamin E

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CALORIES







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NFL Hall of Famer, TV host, and author Michael Strahan didn't always have it all. Here's how he changed his body, his attitude, and, ultimately, his life.

### 78 HIGH-FREQUENCY TRAINING

In this six-week muscle-building plan, you'll hit each body part four times per week. The more often you train, the bigger you get.

### 90 THE M&F TAILGATING PARTY

Wings, burgers, and beer—done better. This is how a fit man throws a Sunday tailgate.

### 96 THE STRENGTH WITHIN HER

Janae Marie Kroczaleski, formerly Matt Kroczaleski, shares the story of her life—with its incredible triumphs and struggles—as a transgender woman powerlifter.

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Get an awesome pump with this four-move back-to-basics biceps workout.

### 114 MIND OVER MUSCLE

Oliver Sacks, the world-renowned author and professor of neurology, wrote to *M&F* to reflect on his other life as a gym rat.

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We sifted through hundreds of new products to bring you the best training tools, apparel, gadgets, and more.

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We present the ultimate guide to supplementing like a pro. Get everything your body needs—and nothing that it doesn't.

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Michael Strahan

Photograph by Per Bernal

**"I CAN'T SAY  
I ENJOYED  
ALL 15  
YEARS OF  
MY CAREER.  
I TOTALLY  
HAD TO  
CHANGE MY  
MINDSET."**

—Michael Strahan,  
author of  
*Wake Up Happy*





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# HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



## PLAY

### HALO 5: GUARDIANS

Microsoft celebrates the first new *Halo* adventure on Xbox One with this stunning Limited Collector's Edition featuring a statue of Master Chief and Spartan Locke, plus a ton of other physical and in-game exclusives. Standard edition also available. **\$250, Oct. 20 (\$60 for standard, Oct. 27)**



## WATCH

### EVIL DEAD

October sees a deluge of top-rated shows return for another season, including *Homeland* (Oct. 4, Showtime); *The Flash* (Oct. 6, CW); *Arrow* (Oct. 7, CW); and *The Walking Dead* (Oct. 11, AMC). The premiere of *Ash vs. Evil Dead* on Starz hits on Halloween, with Bruce Campbell reprising his classic role.



## TEST

### MUSCLE-GENES

From one saliva test, MuscleGenes creator Dan Reardon can test more than 40 genes to personalize a program just for you that includes the ideal types of foods you should eat, the type of training and volume you need, and much more. **\$150, [musclegenes.com](http://musclegenes.com)**



## EAT

### ELITE LIFESTYLE CUISINE

Elite Lifestyle Cuisine delivers clean meals for your fitness goals. Its latest: the Flex Burger, an 8-ounce turkey burger designed for Flex Lewis. **[elitelifestylecuisine.com](http://elitelifestylecuisine.com)**

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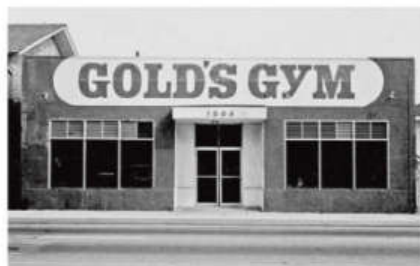
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## CLANGIN' AND BANGIN'

The equipment has been updated, but the atmosphere and camaraderie of Gold's Venice remain.



# The Gold's Standard

Arnold reflects on training at the mecca.

**What was it like training at Gold's Gym back in the day?**

—CALVIN H., VIA FACEBOOK

**A:** **GOLD'S VENICE** was, and still is, the mecca of bodybuilding, because the energy that flows through it makes it like no place else you could ever train. Its

founder, Joe Gold, started the gym in 1965 mainly as a place for his friends to train. If you couldn't afford a membership, Joe usually waived the fee and even let bodybuilders sleep on the roof if they needed a place to stay.

From the moment I first walked in, I felt inspired to train harder, and the overhead skylights and ocean air that wafted through gave me the charge to do so. There was always some big animal training—Ken Waller, Frank Zane, or Dave Draper—and these guys not only inspired me but also ultimately became some of my best friends, and remain so to this day.

Gold's is celebrating its 50th anniversary this year. (Go to

[goldsgym.com](http://goldsgym.com) for details on Gold's 50th birthday bash in November.) I've watched it expand to become not only the most recognizable gym franchise but also one of the most iconic brands in the world. Come in almost any weekday morning and you'll still find me training there.

I'll give you one more fun fact about the old Gold's: The gym was very small, so the showers used to be coed!

*Yours in Iron,*

**Arnold Schwarzenegger**



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## FROM THE CHAIRMAN



Strahan celebrates a sack of Tom Brady in Super Bowl XLII.

# GET HAPPY

Michael Strahan knows that happiness comes from within. Follow his lead.

### DURING HIS 15-YEAR NFL

Hall of Fame career, Michael Strahan set the single-season sack record, won a Super Bowl, and established himself as one of the game's most beloved players, particularly in New York and New Jersey, where he played for the NY Giants. Yet in spite of it all—the fame, the success, the riches—he wasn't always happy.

In this month's compelling cover story, Strahan relates how he arrived at the realization that happiness doesn't come from material possessions, or successes, or even experiences, but from within. It is a matter of appreciating one's life and all that goes along with it, and learning to make the most of every moment, rather than looking ahead to the next one.

The lesson Strahan learned—the one that made his life so much richer—is one that we all can apply to our own lives as well. To be able to enjoy every moment and find contentment from within are surefire paths to happiness and inner strength, and I can think of

no better way to exercise these principles than to, well, exercise.

Strahan himself makes training a daily part of his routine. Even in spite of the rigors of filming *Live with Kelly and Michael* each weekday, appearances on *Good Morning America*, and commentating for the NFL, he still manages to get to the gym most days. For him, working out, as inconvenient as it may be, is essential for his physical health and his mental well-being.

I encourage you to try one of the many workout programs in this issue of *Muscle & Fitness*, whether it's Strahan's or another, and know that in doing so you are taking a stand for your own personal happiness.

Sincerely,



**David J. Pecker**  
Chairman, President,  
and Chief Executive Officer  
of American Media Inc.





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---

W  
R  
S  
P

# Support System

Janae Kroczaleski was there for us. Now we are there for her.

**OVER OUR 75-YEAR** history, *Muscle & Fitness* has become known for delivering to our readers cutting-edge training and nutrition information. In this issue, we've added long-form journalism to our roster, with deputy editor Matt Tuthill's insightful and thought-provoking feature, "The Strength Within Her" (p. 96), which chronicles the path of transgender powerlifter and bodybuilder Matt

Kroczaleski, who came out this past summer as Janae Marie.

The decision to include an article on a transgender athlete wasn't one made

lightly. Questions aplenty were raised during the process. Is it our place to cover such a story? How will our readers respond? Who will we piss off? Who will we win over? In the end we made what I believe is the right call: to support someone who has supported us.

Matt Kroczaleski was a member of our advisory board and a frequent contributor to this magazine. His deep training knowledge was matched only by his good nature and professionalism. So when Janae Marie decided to tell the story of her transition, it seemed only right that she do so in the pages of *M&F*.

It would be nice to believe that in the telling of Janae's story we'll change some hearts and open a few minds. I hope we do. But in the end I'm just happy that we've gotten the chance to support a friend.



More Power to You,

*Shawn Perine*

**Shawn Perine**  
Editor in Chief

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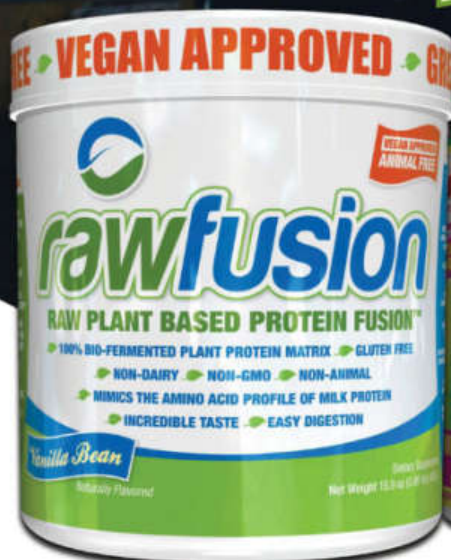
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# MICHAEL STRAHAN

# WOKE UP LIKE ← THIS

He's an NFL legend, one of the most popular men on TV, and the author of the new book **Wake Up Happy**. As the title of that book would suggest, it's hard to get a picture of him these days when he's not smiling. But before all the good things could fall into place for **Michael Strahan**, he had to learn to appreciate the life he had, even at rock bottom.

BY MATT TUTHILL ///

PHOTOGRAPHS BY PER BERNAL



## ON A BRIGHT SUMMER

morning at Lincoln Center in New York City, men in three-piece suits and women in summer dresses sip on mimosas in the posh Lincoln Ristorante. No one would mistake these people for football fans. In fact, the odds are good that many of them probably never saw Michael Strahan play a single game for the Giants during his 15-year Hall of

Fame career. But their eyes keep darting to the front door as they make polite conversation and wait for him to arrive.

When Strahan does appear, he's wearing a suit, too. Instead of being greeted with a chorus of his famous pregame calling card, "Stomp you out!," as he would anywhere else in New York, these folks instead quietly jockey for position to get a quick word in with the man of honor at this launch party for his new book, *Wake Up Happy*. An incongruous scene such as this, so unimaginable 10 years ago, is as clear a sign as any that Strahan's metamorphosis from shit-talking gridiron monster to media darling is complete. In his heart, though, he is still a football player and relishes the awkwardness of being embraced by a brand-new audience. When a speaker gets on the microphone to introduce him, she gushes over his charity work, his new book,

and his charisma as co-host of *Live with Kelly and Michael* and contributor on *Good Morning America*. But when she starts to bullet-point the myriad accomplishments of his football career, she sounds like a high school student struggling to read a foreign language. At one point, she says Strahan "won the NFL Super Bowl."

When the intro is done, Strahan accepts the mic and says, "Thank you so much for that...I just want to say: I knew you didn't know much about football, but if you called it 'the NFL Super Bowl,' then I know you *really* know nothing about football! There's only one Super Bowl!"

He laughs from his belly at his own punch line, tossing his head back to exhibit the iconic gap-toothed smile. The whole room erupts with him, the embarrassed speaker most of all. Strahan puts an arm around her, tells the crowd how lovely she is, and gives a short speech to tease the Oct. 13 book release.

"The book is about your attitude in life," Strahan explains later. "And really, that's what I've learned life is all about. It's about approaching something that a lot of people see as a problem, but you see a way through it. I had years when I didn't think like that. I wasn't really trying to enjoy a moment or I'd look at something and think, 'That's too big to overcome.' Then I had a total mindset switch to enjoy every day. There's nothing so big that you can't overcome it if you put your mind to it and wake up happy. That's how I live my life—which is to find the good in everything."

After football player and TV host (he's still a studio analyst on *Fox NFL Sunday* in addition to his year-round work on *Live* and *GMA*), the book gives Strahan a third career as a motivational author and speaker. Strahan cites the work of self-help



**BELT IT OUT** Strahan pushes the belt of an unpowered treadmill for conditioning.







personalities Wayne Dyer, Deepak Chopra, and Tony Robbins as influences, but his application of the philosophy wouldn't mean much if it didn't draw on his own life experiences, which are all the more poignant because Strahan has been so famously unhappy.

You have to go back to the mid-2000s to understand there was nothing preordained about Strahan's ascendance to the heart of mainstream American culture. Having a Hall of Fame career, even in New York, doesn't guarantee any sort of cultural relevance beyond sports. If anything, it was supposed to be Stra-

han's teammate, Tiki Barber, who would go on to have the morning talk show, the endorsement deals, and the new fan base who didn't know he played football.

Before Strahan retired on top of the football world in 2008—finally getting a Super Bowl ring at the expense of the previously undefeated New England Patriots—it looked like his legendary career would go out with a whimper. He suffered from nagging injuries, most notably a pectoral muscle tear that sidelined him for eight games in 2004 and a Lisfranc (midfoot) sprain that kept him out for another seven games in

2006. He also went through a nasty, highly publicized divorce in 2006 that seemed to play out entirely through headlines in the New York tabloids, which covered Strahan's hard times with the same unbridled zeal previously afforded to his greatest achievements.

"Playing in New York is hard," Strahan admits. "Getting divorced in New York is one of the hardest things ever. Especially when the papers decide that they want to sell papers. I used to see those papers and, at first, it bothered me because I thought people really believed these things. But then I





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realized, ‘This is just done to sell papers.’ You can’t go around in life trying to change the opinions of everybody. You just have to live life for what you know is true and be who you know you are. It taught me if someone really was important to me and they knew me, then it didn’t matter because they knew it wasn’t true. I did not have to go around and seek approval from people who meant nothing to my life.”

**H**aving experienced life in New York as both a hero and a villain gave Strahan perspective on a point that every coach tries to make to his athletes: Your actions and attitude are the only things you can control. Circumstances are ever shifting, for better or for worse, and are beyond control. So with a plan to play just one more year in 2007, Strahan didn’t saddle himself with extra expectations. He just got happy.

“I can’t say I enjoyed all 15 years of my career,” Strahan says. “There were years when I said, ‘This is miserable. I hate it. I’m having success at it, but I’m not in love with it.’ I totally had to change my mindset and say, ‘I love it. I love practice. The good things override the bad things in this business.’ I had to realize that one day I’d never button up a helmet or put on shoulder pads again. This is such a blessing and you should be so happy to be a part of it. Once I started looking at things as the glass half full instead of empty, it totally changed my life.”

A few weeks after the book announcement, Strahan is working out at FitSpace NYC, the home of celebrity trainer Richard Louis, on the Upper West Side of Manhattan. Strahan’s personal trainer, Latreal Mitchell is there, and she’s coaxing her client through a set of “deadmill” pushes. The treadmill is left off, and Strahan holds on to the handles, pushing the unpowered

belt with his feet. After three or four powerful strides, the belt is flying and Strahan’s at top speed.

The sweat pours off him. At the end of a 30-second set, he glares at Mitchell, who rolls her eyes.

The two share a mock-adversarial relationship that goes back a few years. Just because Strahan’s mantra is to wake up happy doesn’t mean he always arrives for their sessions that way.

“There are times when he comes in, and he’s had a really rough day,” Mitchell says. “I can tell he’d rather have an easy workout, and I’m just like, ‘Sorry.’ So he’ll talk himself through the workout. It’s almost like when a football player is mic’d up. He finds it each time. He really pushes himself.”

Later, in a power rack set up for the bench press, Strahan sees the bar is loaded to 225 pounds. He hasn’t warmed up his shoulders but says, “Come on, we can do a little more.” He and Mitchell add a pair of 25s, and he bangs out an easy set of 10 at 275. For the guy who once benched 500 at Texas Southern University, the high 200s will prob-

**I DON'T THINK I WOULD HAVE THE SUCCESS I HAVE NOW IF I HAD FIXED MY TEETH. IT PUTS PEOPLE AT EASE. THEY LOOK AT ME AND THINK, 'HECK, HE'S NOT PERFECT'**

ably always be easy. Throughout his career, Strahan made an art of maintaining strength while losing weight. As a rookie at the combine, he weighed 250 pounds, and the Giants encouraged him to gain weight. When he reported to camp at 265, coaches told him to gain more. He promptly blew up to 285.

“They didn’t say how to gain weight, they just said gain,” Strahan says, laughing. “So I ate pizza, steak, you name it. But I was a blimp! I couldn’t move!”

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**MAKE IT LOOK EASY** Strahan breezes through a set of 10 with 275 pounds.



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years, Strahan learned to do more with less, dropping to 270 the next year, then into the 260s a few years later, and so forth until he found a fighting weight in the 240s during his final years in the league. It was a move that prolonged his career and made him a faster, more efficient pass rusher. Today, the 6'5", 43-year-old Strahan is still a lean 240, and even showed off his six-pack in a *Magic Mike XXL* cameo.

When his workout is finished, Strahan plunks down in a chair. He considers the notion that his motivational speaker and author career began with just over two minutes left in Super Bowl XLII, when the Giants trailed the Patriots 14-10. On the sidelines, NFL Films captured one of the most enduring images from that game, Strahan

**EVERYBODY'S ALWAYS LIKE, 'ONCE I DO THIS, I'LL BE HAPPY.' IT'S JUST NOT TRUE. HAPPINESS IS WAKING UP AND ENJOYING WHERE YOU ARE AT THAT MOMENT.**

standing before the offensive line as they were about to take the field. He needs no reminder of what he said.

"17-14 is the final!" Strahan shouts, his booming voice filling the gym at the exact pitch and cadence of his famous speech. "17-14. One touch-down and we are world champions! Believe it, and it will happen!"

He sees the connection between what he did in that moment



and what he's now trying to do for a mass audience. He explains that the seed of that speech came from his dad. Born in the U.S. but raised as a military brat in Germany—his father Gene was a major in the Army—the stars weren't aligned for Strahan to become a football star. There

was no American football scene to speak of in Germany, and besides, as an adolescent he was fat and out of shape. His brothers teased him relentlessly for his weight, calling him BOB, which stood for "Booty On Back." His father, though, saw raw potential that only needed to be



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\*Schoett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

\*Schoett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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## STRAHAN'S CONDITIONING WORKOUT

The following workout is an excerpt from the program Michael Strahan used to prepare for his appearance in *Magic Mike XXL*, designed by his trainer, Latreal Mitchell.

EXERCISE	SETS	REPS
<b>Bench Press</b>	4	10, 8, 6, failure
<b>SUPERSET WITH</b>		
<b>Decline Pushup</b>	4	10, 8, 6, failure
<b>Deadmill Push*</b>	1	20 seconds
<b>Pullup</b>	4	10, 8, 6, failure
<b>SUPERSET WITH</b>		
<b>Deadlift</b>	4	10, 8, 6, failure
<b>Deadmill Push*</b>	1	30 seconds
<b>Dumbbell Push Press</b>	4	10, 8, 6, failure
<b>SUPERSET WITH</b>		
<b>Stability Ball V-up</b>	4	10, 8, 6, failure
<b>Deadmill Push*</b>	1	40 seconds

\* See page 26.

molded and bought his son copies of *Muscle & Fitness* and other bodybuilding magazines, setting up a strict routine for his son. In time, Strahan grew huge and strong and showed natural athletic ability like Gene, who was a heavyweight boxer for a time. It didn't take long for Gene to fill his son's head with the biggest dreams he could conjure.

"My dad was always a 'when' not an 'if' guy," Strahan says. "He always said, 'When you're in the pros...when you do this.' My parents were at Super Bowl XLII, and he said, 'You already won the game, so you just have to go through the formalities.' He *came* into my head. At the end of the game, I was like, 'My dad told me, and he has always been right! There's no way we're going to lose this game.' I just felt compelled to tell the guys this was how it was going to happen."

When the game played out just as Strahan said it would, his lack of surprise didn't diminish his joy.

"Our story was just too good to end with a defeat," he says. "I'm glad that they believed it. I'm glad that we had guys who didn't think that it seemed impossible. They made it possible. It was awesome, man."

When you look at everything that's fallen in line for Strahan in the past few years since that moment—the TV gigs, endorsements for everything from Vaseline to Meta (an expanded line born out of Metamucil), and his very own line of suits at JCPenney—you can't help but marvel at how the philosophy he espouses in *Wake Up Happy* precipitated all of it.

"I truly have learned that most of the time when you put limits on something, that's on you," he says. "Things aren't meant to be limited. I used to think like this: 'Oh, I got one sack, I'm good now.' But if I get one, why can't I get two? If I get two, why can't I get three? Stop limiting your production. Go out there and go for it. That goes past football."

"Everybody's always like, 'Once I

do this, I'll be happy. Once I do that, I'll be happy,'" Strahan continues. "There were times when I fell into that trap. I've thought, 'If I can buy that, I can be happy. If I can get this contract, I'll be happy.' That's how we are programmed, but it's just not true. Your happiness is waking up every day and really enjoying where you are and appreciating that moment. Once you learn to do that, your life is going to be so much better. Don't think about yesterday or tomorrow. Think about right now."

On his way out of the gym, he stops to take a few pictures and sign autographs. He's still smiling and laughing—not at anything in particular, but to punctuate his sentences—the happiest man in whatever room he's in. **MAF**



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## EXTREME

American Ninja Warrior star Brent Steffensen, p42.

## SPORTS

Mets ace "the Dark Knight" Matt Harvey, p44.

## IRON MAIDEN

The fears that motivate Israeli-born Inbar Lavi, p46.

# EDGE

NEWS / INTERVIEWS / SPORTS / GEAR

## Big Louie

The real-life Incredible Hulk has had a career in bodybuilding unlike any other. Here, he shares the most important lessons he learned in the gym—and how they helped him find a career outside of it.

AS TOLD TO GREG MERRITT

LOU'S WISDOM



## EVERYONE REMEMBERS

that scene in *Pumping Iron* when I'm doing shoulder presses and shouting, "Arnold!" over and over. I used Arnold to motivate myself in my workouts. Coming up, I looked up to people like Steve Reeves, Larry Scott, and Sergio Oliva, and I read a lot of comic books: *Superman*, *Batman*, and, of course, the *Fantastic Four*, with the Hulk. From an early age, I wanted to be as big and powerful as the Hulk. Those are the kind of images that drive you through your hardest workouts.

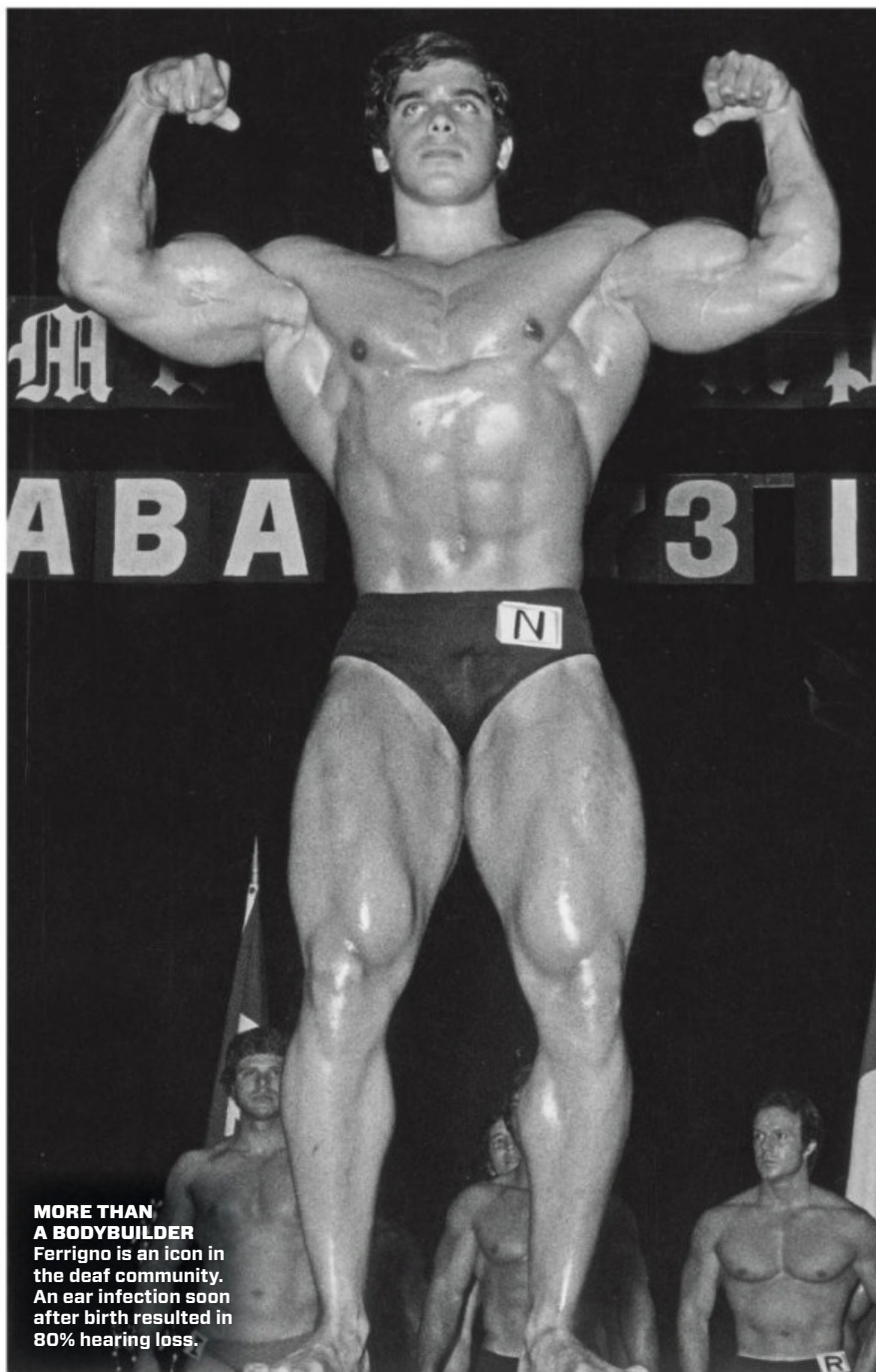
At various times, I trained with other pro bodybuilders. If I train with a partner, I want that person to be as strong as I am and go with the same intensity I do. I need someone to push me on every set. A partner isn't just there for someone to talk to; that would only hurt my workout. A partner is there to drive me to use more weight and get more reps.

On exercises like chest and shoulder presses, squats, and leg presses, when you lock out and fully straighten your elbow or knee joint, it's a resting point. There's very little stress on the muscles there. This is why I usually like to stop my reps a little short of lockout. But this can change near the end of a set when I might need those little rests to keep going.

I wasn't one of those lucky guys whose forearms grew just from holding weights. I worked very hard for my forearm development, training them three times per week. I mostly stuck to barbell wrist curls and reverse curls.

I do a lot of forced reps. I reach failure or near-failure and then my partner removes just enough stress for me to get 2-3 more forced reps.

Occasionally, I do my side laterals with a cable. These allow me to raise the handles well above shoulder level and maintain tension, so I get a longer range of motion.



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Before a contest, I used to tense my muscles a lot between sets, and I also practiced posing at home. Joe Weider taught me how to use iso-tension to bring out more details in the muscles.

For the first few years when I got

into bodybuilding, I was always weighing myself and measuring my arms and chest. It was inspiring to see those numbers getting bigger. But eventually the mirror became a much more useful tool than the scales or the tape measure. The

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**I'D SAY DIET IS 60% OF THE BATTLE IN BODYBUILDING. TRAINING IS THE OTHER 40%. BUT WITHOUT THE MIND—THE PROPER MOTIVATION AND FOCUS—DIET AND TRAINING ARE 0% EFFECTIVE.**

mirror, photos, and objective observers will tell you that you're gaining muscle and losing fat in the right places.

Recuperation is the forgotten component of muscle building. Try to get at least eight hours of quality sleep each night and try to find ways to relax both your body and your mind outside of the gym.

I never used the same training program twice.

Whenever I don't feel like doing another workout or eating another chicken breast, I only have to

remind myself of the benefits of this lifestyle. I owe everything to bodybuilding. The training I did to build my physique taught me how to work toward a goal with great intensity and total dedication. Bodybuilding has also taught me to be persistent, to be self-reliant, and to look at myself objectively. Most important, bodybuilding dramatically improved my self-image, allowing me first to achieve average confidence after years as a shrinking violet, and later to assert myself as a bodybuilder, actor, and public personality.



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# Ninja Style

How *American Ninja Warrior* competitor **BRENT STEFFENSEN** stays on the cutting edge of training and nutrition.

BY MARK BARROSO

**AT THE TIME** of this writing, we know Brent Steffensen made it to the *American Ninja Warrior* (ANW) national finals in Las Vegas, where he will try to be the first American to conquer the dreaded Mount Midoriyama. Steffensen and his girlfriend, Kacy Catanzaro, are managing partners at Alpha Warrior, a vast San Antonio training facility complete with replicas of ANW obstacles. When Steffensen isn't practicing the Warped Wall or Salmon Ladder at Alpha Warrior, he's training using various body-weight disciplines.

"I'd been doing body-weight circuit training for many years before I started ANW," says Steffensen. "I started out as a gymnast, then added snowboarding, diving, trampoline, and freerunning/parkour."

Steffensen shifted his focus to rock climbing for Season 7 to build grip strength for ANW.

"Obstacles tend to require a ton of grip strength, but aside from being physically prepared, you also have to be able to adapt on the fly," says Steffensen. "They're always throwing in new 'never been done before' obstacles, which level the playing field for all."

Although ANW success requires diverse training, a ninja diet can't stray too far away from performance foods.



## EYES ON THE PRIZE

The ANW Season 7 grand prize is \$1 million, double the Season 6 purse.

## JUICED UP

Pomegranate juice, one of Steffensen's go-to fuel sources, helps support exercise. Here's a closer look at how.

### NITRIC OXIDE (NO)

Nitric oxide helps your body get the oxygen and nutrients it needs during exercise. Certain types of polyphenols, like those found in pomegranates, may help increase NO bioavailability by protecting it from breaking down in the body. Preliminary research suggests that pomegranate polyphenols may enhance exercise efficiency.

### NATURAL ENERGY

Like many fruits, the pomegranate is naturally sweet, and its sugars provide energy; 100% pomegranate juice contains glucose and fructose in roughly balanced proportions, giving it a glycemic index (GI) of 53. Foods with a GI value of less than 55 are considered to be low.

### POTASSIUM: A KEY ELECTROLYTE

Drinking 8 ounces of 100% POM Wonderful Pomegranate Juice is a good source of potassium, an electrolyte important for muscle function. An 8-ounce serving of 100% pomegranate juice has as much potassium (600mg) as a medium banana.

Some information from this article provided by POM Wonderful.



Ninjas need to stay lean and light to be able to hold their own body weight for extended periods of time. Steffensen adheres to a largely plant-based diet.

"I find that a natural, whole-food diet works for me," he says. "I love blending fresh smoothies because they are packed full of nutrients and easy to digest. I enjoy smoothies post-workout."

Steffensen's favorite smoothie starts with pomegranate juice as a base, then he adds a banana, coconut shavings, carob, chia seeds, and a few slices of fresh raw beets.

The seven-season ANW veteran says he'll be back for Season 8 and shared his plans for longevity.

"I plan on competing for as long as it's around," he says. "One day they'll be calling me Grandpa Ninja."

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\* Additional scientific research and selected references available at [snac.com](http://snac.com)

## EDGE SPORTS

### WHAT'S IN A NAME

"Your guess is as good as mine." —Harvey on why he's nicknamed "the Dark Knight."

# Arms Race

The slow road back from surgery has paid off for Matt Harvey and the Mets. **BY ZACK ZEIGLER**

Mets ace Matt Harvey was sidelined for the entire 2014 season after undergoing Tommy John surgery to repair a damaged ulnar collateral ligament in his pitching arm. Doubts lingered as to whether the All-Star righthander would be as dominant upon his return. But Harvey blocked out the pessimism. "Once I decided to get the surgery there were no negative thoughts," he told us at an Axe Hair event in Manhattan.

Back on the mound in 2015, Harvey wasted no time getting back to the top of the rotation as the Mets became unexpected

contenders in the pennant race, making it clear that taking the long road to reboot his throwing arm was the right call. "It was mostly all shoulders with a focus on strength and flexibility," he said of his post-surgery training program.

Harvey spent most of last January training with the Boras Sports Training Institute (BSTI), focusing on strengthening his legs and core. He also relied heavily on Pilates. "Especially during my recovery, I found Pilates to be the most successful workout for my core and stability. During the season, I do it about once a week."



### GET A CORE LIKE MATT HARVEY

Moves courtesy of Alycea Ungaro, owner of Real Pilates in New York. ([realpilatesnyc.com](http://realpilatesnyc.com))

#### PILATES PLANKS/ ELEPHANT COMBO

Stand heels together, toes apart. Reach to the floor, walk hands to pushup position, hold a five count, do 5-10 pushups, walk hands back to start. Do 3 sets.

#### COMPOUND LUNGES

Holding light dumbbells, stand with your left heel against the arch of your right foot. Step forward with left leg and raise hands overhead. Drag left leg to start position and lower arms. Do 6-8 reps per leg; 2-4 sets.

#### WALL STAND TO CHAIR SIT

Lean against a wall with shoulders back, feet hip-width apart. Hold for a 10 count. Walk forward into a squat position. Hold 30 seconds. Slide up, repeat twice.

RICK WENNER/SPORTS ILLUSTRATED/GETTY IMAGES



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of trained power lifters, the tendency was for this type of more strenuous exercise to affect sleep adversely. In addition, long duration daytime exercise of moderate intensity has been shown to decrease GH and testosterone production during nighttime sleep. So, it is extremely important for athletes to get a deep and restful sleep because this is when healing, tissue repair, anabolic hormone production and muscle growth are maximized.

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\* Selected references (1-11) are available at [snac.com](http://snac.com)

# Play Hard

Israeli-born actress **INBAR LAVI** says the roles that make her afraid also make her work that much harder. Here's what else she told us.

BY PAMELA NULLET

## SHE...

...plays a soldier on TNT's *The Last Ship* and bruises frequently from all the action sequences.

...played goalie on her soccer team in school. With no intent to craft a double entendre, she said, "I was great at blocking balls with my boobs."

...warms up her voice in the shower with Etta James and Ray Charles.

...relished being one of the only girls on the set of *Gang Related*. To make up for her size [she's 5'3"], she got to carry the biggest guns.

...ditched gluten because it didn't agree with her, but will put up with the stomach grumbling for a great bowl of gnocchi.

...feels sexiest when she first comes out of the shower.

...knows a guy is interested in her when he's looking at her lips.

...considered visiting a fan in prison after he sent her a letter. I thought for a minute, "What if I go and make this dude's day?"

...learned a lot working with Vin Diesel on *The Last Witch Hunter*. "He comes to work every day ready to battle."







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## BODY WEIGHT

How moves like the side lunge can fire up your metabolism, p56.

## EXPERT ADVICE

Wisdom for life from former Navy SEAL Alden Mills, p58.

## BORN FIT

Columnist Adam Bornstein rethinks traditional motivation, p62.

## ABS & CORE

Get lats to match your six-pack with the plank row, p64.

# TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

## The Long Haul

Former *M&F* cover model **ROB YOUELLS** still pushes his body to the limit.

BY MARK BARROSO

HERE'S HOW  
HE DOES IT



**DID YOU KNOW?** Youells is the drummer for Generation Kill, and making an album with the rapper DMC.



## IFBB PRO BODYBUILDER

Rob Youells is training to see his fitness career come full circle in 2016.

"I'd love to compete in the New York Pro," says Youells, 42. "A lot of the pros in the area—Jon DeLaRosa, Marco Rivera, Juan Morel—we're like a family. I came up with them, and to jump onstage with them would be awesome."

Youells places maximum emphasis on a workout's first exercise, doing six to eight sets, then a series of dropsets. The next week, an alternate angle is used to target the same body part.

"I start with a different point of flexion to allow for more healing time."

Youells also uses rest-pauses, forced reps, and giant sets to

## YOUELLS' CHEST EXHAUSTION WORKOUT

EXERCISE	SETS	REPS
Incline Barbell Press*	10	10-14
Dumbbell Flye	4	8-10
Decline Machine Press	4	8-10
Dip	4	Failure
Pushup	4	Failure

\*After the sixth set, remove half of the weight. Then, perform four dropsets, lowering the weight after each dropset. Switch between wide, regular, and close hand grips. Reach failure at 10-14 reps on the last dropset.

## THE STATS

AGE	HEIGHT	WEIGHT
42	5'10"	245 lbs

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trigger growth. A bodybuilder since 2003, Youells tailors moves to avoid injury.

"French presses feel great, but if I lean my elbows too far back on skull crushers, my shoulder aches for days," says Youells.

Squats and curls get modified, too. "When squatting, I'll take a wide grip, or I'll front-squat instead," adds Youells. "I started getting tendinitis from barbell curls. Now I use an EZ-bar or dumbbells and have no issues."

As for nutrition, Youells urges that carbs are not the enemy.

"I did zero-carb days when I was younger, and I would get leaner but lose muscle volume."

As you can tell from the workout shot above, Youells' engine doesn't stop. "When I'm excelling at something, I put more effort into it. That's what has always motivated me."

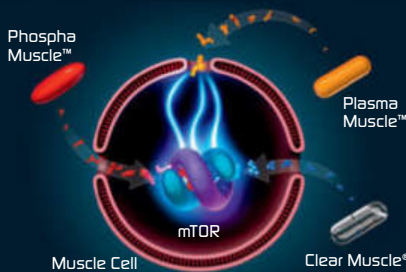


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# Suck It Up

How to do a proper vacuum pose—and why bodybuilding needs to bring it back.

BY FRANK ZANE, M.A.

**AT A BODYBUILDING** seminar I attended a few years ago, I remember talk of making the stomach vacuum a compulsory pose. It was an intriguing idea because doing this would curb the big bellies you see onstage today. But average gym rats could benefit just as much as competitive bodybuilders from practicing the vacuum. You get a smaller waistline and gain control of your abdominal muscles by doing stomach vacuums. It's true for a few reasons: Stomach vacuums can be done only on an empty stomach, so a good time to practice them is when you first begin to feel hungry. Doing so will chase hunger pangs away for about 20 to 30 minutes before they return.

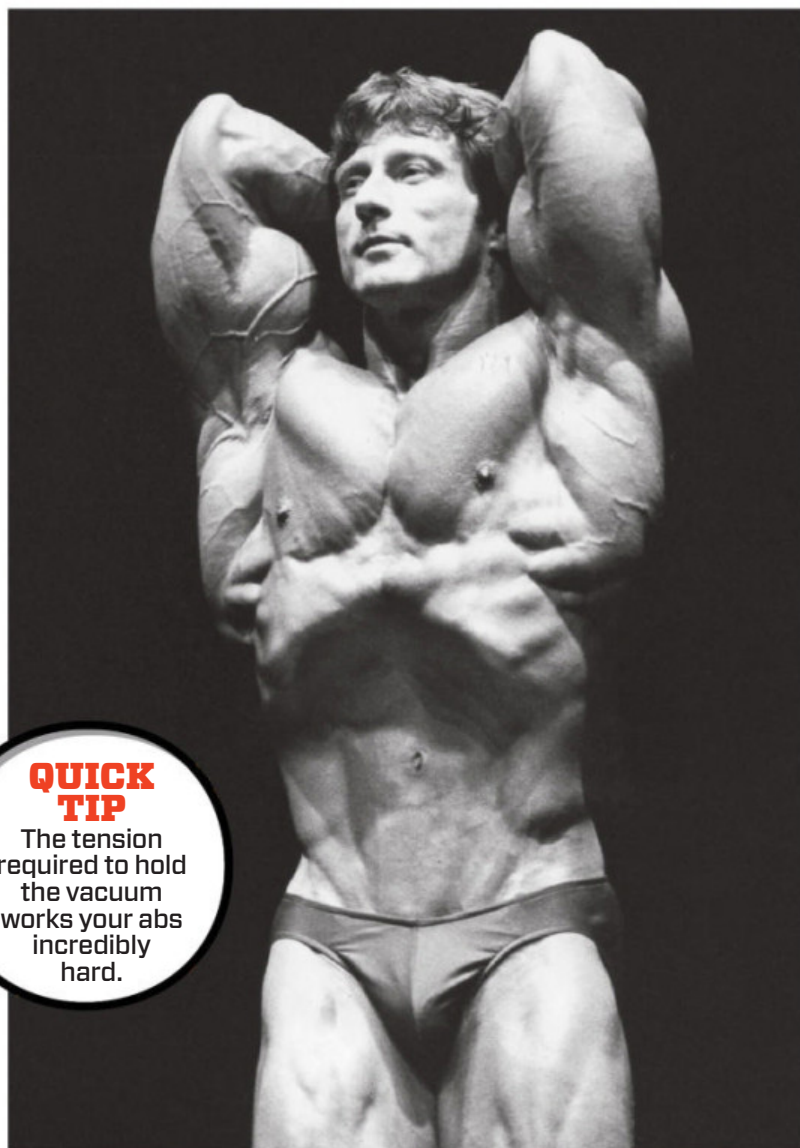
Here are some progressive steps in practicing stomach vacuums:

The easiest way to vacuum is hanging upside down. I used to do it with gravity boots, but you don't see those around too much anymore. If this is impractical, do them on a steep decline with your head much lower than your feet. The more the decline, the more gravity will assist you in vacuuming. I do them on my traction table, which gives me a decline of 30 degrees or even lower.

Next up in difficulty is lying on your back on a flat surface. After that, try bending forward at the waist with

## QUICK TIP

The tension required to hold the vacuum works your abs incredibly hard.



your hands resting right above your knees. And most difficult is with both hands behind your head as in the bodybuilding abdominal pose, as pictured. In competition, I made quite an impression with my posing routine by going from an abdominal pose with abs tensed right into the stomach vacuum.

The steps in vacuuming are the same no matter what the position of

your body. First you exhale, forcing all the air out of your lungs, squeezing the last bit out with your abs. Then, instead of inhaling, suck your stomach in as far as possible, creating a hollow below the rib cage. It's like holding your breath with no air in your lungs. Hold it for progressively longer periods of time. Imagine your stomach wall is pressing against your spine with each vacuum. Exhale, take a few deep breaths, and repeat for 10 vacuums. In a few weeks, you'll have total abdominal control.

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**QUICK TIP**

Don't try to press the bar straight overhead. Lean into the bar and press it out.



# Blow Up Your Shoulders

Overhead pressing builds big, powerful shoulders, but if you have shoulder or lower back pain, it may not be safe. The landmine press, however, is. The arc of the bar lessens the pressure on your joints, while the unilateral nature of it trains your core. **BY BEN BRUNO**

## HOW TO DO IT LANDMINE PRESS

**1** **LOAD A BARBELL INTO A LANDMINE UNIT,** or wedge it into a corner. Hold the opposite end by the sleeve at shoulder level and stand with feet shoulder width. You can also use a T-bar row (pictured).

**2** **PRESS THE BAR UP,** keeping your core tight. Don't twist your torso.

**QUICK TIP** The landmine can also be used for one-arm rows, lunges, and Romanian deadlifts.



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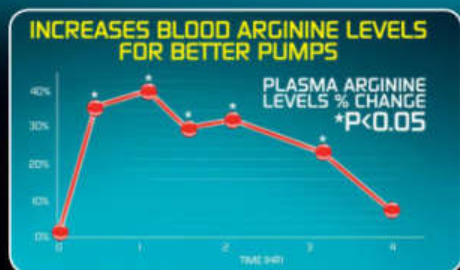
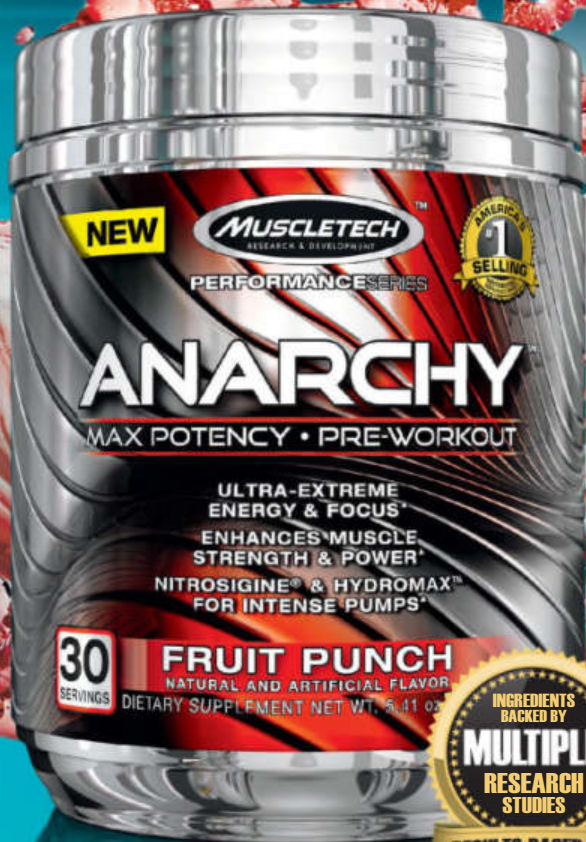


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Rhodiola	100mg	Zero	Zero	Zero
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**ANDY MCDERMOTT** is a fitness coach in Hollywood. For free training advice, follow him on Facebook: [AndyMcDermottFitness](#), Instagram: [@andymcdermottfitness](#), and Twitter: [@andymcd23](#)

# Total-Body Blaster

Neglecting exercises like the side lunge leads to muscle imbalances and injury. This workout fixes all that.

## WHAT IT IS

A circuit composed of side lunges, pullups, hand walkouts, and sprints, designed by L.A.-based celebrity trainer Andy McDermott. After a five- to 10-minute warmup, set a timer for 10 minutes. Start the circuit at a brisk but sustainable pace and don't stop until the 10 minutes are up.

## WHY IT WORKS

Alternating hemispheres of the body jacks up your heart rate, but the real key is the use of uncommon moves like side lunges and hand walkouts. Side lunges stimulate fibers in the adductors and abductors that don't get much attention during most leg lifts. Hand walkouts uniquely stimulate the core, shoulders, and arms.

## THE WORKOUT

**DIRECTIONS:** Set a timer for 10 minutes and do the following exercises as a circuit without resting.

EXERCISE	REPS
▼ Side Lunge	10 each side
Pullup	5-10
Hand Walkout*	5
Sprint/Stair Run	30 sec.

\*From a standing position, bend down to touch the floor, then walk your hands out until you are in a plank with your arms stretched out. Do controlled reps.

## SIDE LUNGE

Take long steps to either side, letting the trail leg stretch out straight. Push through the heel of the bent leg to return to the start.





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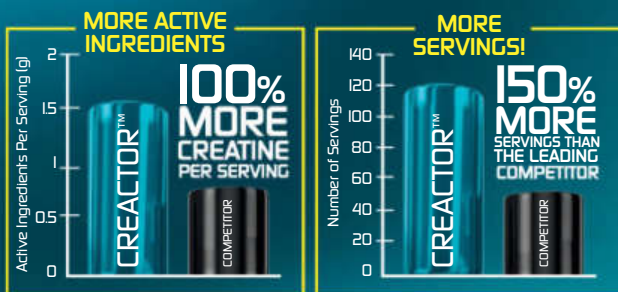
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**ALDEN MILLS**, former Navy SEAL commander and founder of Perfect Fitness, is on a mission to help you succeed. **AS TOLD TO ZACK ZEIGLER**

**SETS AND REPS** are not my favorite things to discuss. At the end of the day, the single most important muscle that needs to be worked is between your ears.

If you remove the laws of physics the only two limitations we have are our own imagination and determination. Buckle down on those two pieces and focus on what you can control—your body, your brain, and your attitude.

When I was diagnosed with asthma at 12 years old, the doctor told me I had to learn to play chess. While I was crying on my mother’s shoulder, she said, “You decide your limits, nobody else. Choose what you want to do, put a plan in place, and figure out how you can do it.”

If you don’t understand your “why” and connect it to a passion it’s like being in a rowboat without two oars.

I tell a story in my book about two guys in SEAL training. I swear the instructors left the hell week agenda out so someone would steal it. Two guys stole it. I didn’t want to know what was on it, and the guys who did look at it quit before hell week started; they psyched themselves out.

Don’t kill yourself trying to achieve some arbitrary goal because you think it would sound cool to other people. You’re not doing it for other people. You’re doing it for yourself.

A lot of people emphasize a weight goal instead of conquering

an activity. You want to swim a mile, walk up Mount Rainier, or do an Escape from Alcatraz Triathlon? Weight isn’t the axle, and a scale between your feet will not dictate whether you have a good or bad day.

The body obeys the brain. Condition your brain to get your body to perform the way you want it to perform.

Viewing failure as a positive can allow you to learn why something doesn’t work. It’s part of the journey. The obstacle is the path.



**GET MOTIVATED**

Pick up a copy of Mills’ book, *Be Unstoppable: The Eight Essential Actions to Succeed at Anything* (\$23), at his website [perfectonline.com](http://perfectonline.com).

COURTESY OF PERFECT FITNESS



# NEW & EXCLUSIVE PROTEIN INNOVATION

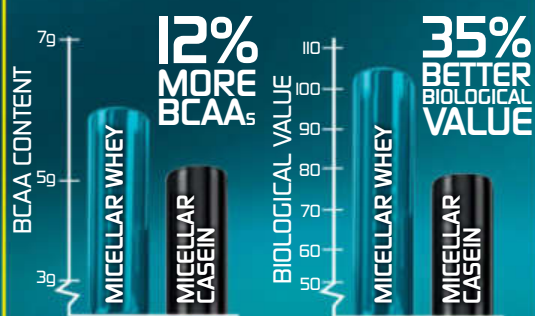
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RESEARCH & DEVELOPMENT

# Leg Work

Cayle W. from Austin, TX, sent us his leg workout and told us he suffers from knee and hip pain. Here's how we helped him work around it.

BY SEAN HYSON, C.S.C.S.



## QUICK TIP

If you suffer from hip or knee pain, use full ROM on completely stable moves, like the single-leg leg press.

## CAYLE'S OLD WORKOUT

EXERCISE	SETS	REPS
Squat	3	5
Dumbbell Lunge	4	10
Romanian Deadlift	3	8
Leg Curl	4	10

**M&F RATING: C-**

## OUR ADVICE

If full range of motion (ROM) squats aggravate your hip, don't go as deep. **SQUAT TO A BOX THAT CUTS YOU OFF AN INCH OR TWO ABOVE PARALLEL.**

Box squats also help with knee pain, forcing you to sit back, keeping tension on your glutes and hamstrings, not your knees. You can use full ROM on other exercises to make up the difference for complete development.

## CAYLE'S NEW WORKOUT

EXERCISE	SETS	REPS
Box Squat	3	5
Unilateral Leg Press*	4	10
Romanian Deadlift	3	8
Leg Curl	4	10

\*Press with one leg for all your reps, then the other. Rest the nonworking foot on the floor.

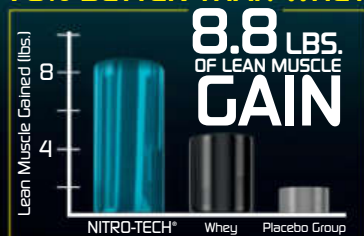


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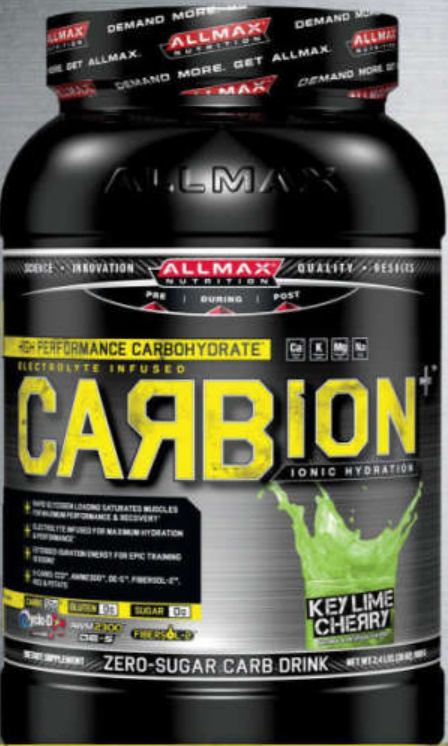
Leading university research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in 6 weeks compared to subjects who used regular whey and gained just 5.1 lbs.

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## TRAIN BORN FIT

**ASK ADAM** Have a question for Adam? Tweet @Bornfitness and @muscle\_fitness with the hashtag #bornfit



# Stop Thinking

The best way to stay motivated is not to try so hard. **BY ADAM BORNSTEIN**

**Q** “How do you find motivation again when it lags?”  
—@JAY\_RYAN4

**A:** **MOTIVATION IS BS.** The prefrontal cortex of your brain is where willpower comes from. It also handles day-to-day tasks, short-term memory, and focus. In short, it's overworked, so how can you expect it to keep you on task with your fitness goals when it's already busy paying your bills and remembering your wedding anniversary?

The way to achieve your goal isn't through periodic shots of adrenaline, but rather by making small appointments that you keep on a regular basis. Take this study from the *British*

*Journal of Health Psychology*. One group of exercisers tracked their workouts; a second group tracked and was motivated to train by reading about how exercise prevented disease; a third group did the same as the second but also made a specific commitment to get at least 20 minutes of exercise on a particular day, time, and place every week. Guess what happened: The third group had the highest rate of compliance, at 91%.

Why does it work? Because building one habit at a time helps reduce cognitive load, meaning your brain has less to process. Breaking goals down into little pieces lets you pick them up a day at a time—you don't get overwhelmed by the seeming enormity of what you want to accomplish and can see it through. Think of it this way, and achieving a goal is no different from checking off any other to-do list.

ILLUSTRATIONS: HUNOTIKA

AHMED KLINK



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## TRAIN ABS AND CORE

### QUICK TIP

Set your feet shoulder-width apart or wider to start so you can balance. As you get stronger, move your stance in.



# Plank Plus

A regular plank isn't enough for you anymore. Make it harder by adding a row to work your back and core all at once. **BY SEAN HYSON, C.S.C.S.**

### HOW TO DO IT PLANK DUMBBELL ROW

1

#### GET SET

Get into pushup position with your hands holding on to a pair of dumbbells with a neutral (palms-facing) grip. Keep your back flat and brace your core.

2

#### GO

Keeping your hips and shoulders level, row one dumbbell to your side. Begin by drawing your shoulder blade back. Alternate sides on each rep.

**DID YOU KNOW?** Rowing the dumbbell makes it harder to avoid rotating at the torso, so this move trains your abs to brace your spine effectively while building your lats.



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# The New Frontier

Former NFL Pro Bowler **JAVON WALKER** is now competing on a different platform: IFBB men's physique.

BY MARK BARROSO

## FORMER NFL WIDE RECEIVER

and MLB draftee Javon Walker has taken his talents to the fitness industry. To stay ripped, the new physique pro sticks to a lot of conditioning work that made him a 2004 Pro Bowl pick: sprints, stadium steps, agility ladder drills, and plyometrics. In the gym, however, Walker has shifted the focus away from power development to pure aesthetics.

"In football, we'd work total-body, explosive movements, but now it's about developing body parts using certain angles," he says.

Ultimately, success in football and in the physique division carry similar demands. "Waking up on time, running routes properly, and being accountable—that transitions to men's physique because of the dedication you need to train and diet."

## WALKER'S SHOULDER WORKOUT

**DIRECTIONS:** For band moves, step on a resistance band and loop each end on a dumbbell. Rest 90 seconds between sets.

EXERCISE	SETS	REPS
Banded DB Front Raise	6	15
Banded DB Lateral Raise	6	15
DB Lateral Raise*	3	15
Banded DB Shoulder Press	6	15

\*Alternate one arm at a time.

## WALKER AT A GLANCE

AGE: 37  
HEIGHT: 6'4"  
WEIGHT: 225 lbs  
RESIDENCE: Houston, TX  
TWITTER: @Javon\_Walker84

**DID YOU KNOW?**  
Javon Walker is CEO of Formulation1 Nutrition.



## NFL FIT: A NEW TREND?

Javon Walker named two other football players who are now interested in the men's physique division.

### NICK BARNETT

FREE AGENT LINEBACKER

"He sent me a message about being a mentor and how he can transition into this sport because he loves to work out."

### BRAYLON EDWARDS

FORMER PRO BOWL WIDE RECEIVER

"He said, 'I've got to get right so I can get up there and stand next to you onstage. Somebody has to push you.'"





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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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## 15-MINUTE FEAST

Try this healthy version of a Chinese food favorite: beef with broccoli, p72.

## 1 FOOD, 5 WAYS

Make these five unique quinoa recipes mainstays in your diet, p76.

# EAT

WHAT IS MONTH

# Fiber Fix

Bump up your intake to aid weight loss, get healthier, and live longer.

BY MARK BARROSO

HOW MUCH DO YOU NEED? ►

DEVON JARVIS



**“I’ve heard fiber is good for digestive health. What’s the best type to eat?”**

—INSERTHOMEEND, VIA REDDIT

**A • WHETHER YOU** count macronutrients or not, it’s important to be mindful of fiber: the nondigestible form of carbohydrates. Fiber is either soluble or insoluble, and both types can improve heart health and longevity and increase satiety.

“Soluble fiber dissolves in water into a gel-like material,” says Tom Holland, C.S.C.S. “Fiber, especially soluble fiber, can slow the absorption of sugar in our bodies, which may delay hunger, assist in weight maintenance, prevent type-2 diabetes, and help those who are diabetic.”

Holland says oatmeal, apples, blueberries, carrots, and celery contain soluble fiber, while insoluble fiber is found in brown rice, broccoli, and leafy vegetables.

“Insoluble fiber passes almost intact through the gastrointestinal system,” says Holland. “It helps prevent constipation by adding bulk to stool and speeding up the rate at which food passes through intestines.”

So how much fiber do we need?

In 2002, the Institute of Medicine published a report suggesting men and women under the age of 50 consume 38 and 25 grams of fiber per day respectively. Hitting these numbers can add years to your life and keep inches off your waist.

According to a new meta-analysis of 25 studies in *The North American Journal of Medicine and Science*, people who ate the most fiber had a

23% lower all-cause mortality rate compared with those who ate the least fiber.

Eight studies in a 2014 *American Journal of Epidemiology* analysis showed a 10% lower risk of mortality with each 10-gram daily increase in fiber intake. And for heart health, an extra 7 grams of fiber a day lowers risk of cardiovascular disease by 9%, according to a 2012 *BMJ* study.

“To put these numbers in perspective, an apple has 3 grams of fiber, ½ cup of green peas has about 9 grams, and one cup of black beans has almost 20 grams,” says Holland.

Fiber’s role in weight loss is played out meal by meal. Recent research suggests pectin and other soluble fibers show the most significant appetite-reducing effects during the day of consumption, so you may want to place these types of fibrous foods high on your grocery list.

“Fiber-rich foods require more chewing, decreasing the

likelihood of overeating by giving the body time to register the feeling of fullness,” says Holland.

## FIBER SALAD

Get your fiber fix with Holland’s easy-to-make salad recipe.

SERVES 1

½ cup black beans  
½ cup corn  
½ cup edamame  
3 chopped egg whites

**MAKE IT:** Toss ingredients in a bowl and use a dressing of your choice.

### NUTRITION PER SERVING

**351** CALORIES | **33g** PROTEIN | **45g** CARBS | **7g** FAT

## POTENT

This salad has **14 grams** of fiber. If preferred, substitute another protein for the egg whites.





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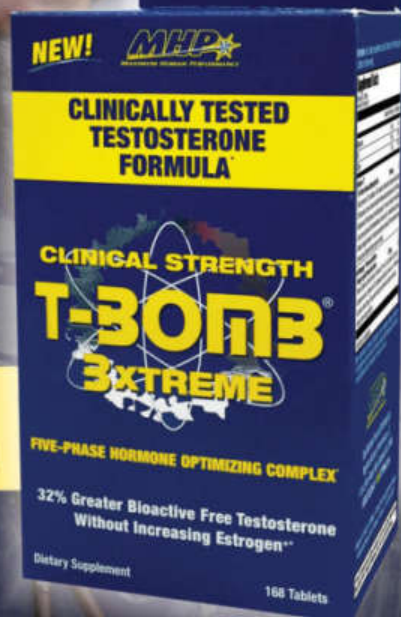
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**FIT FACT**

If you want to add size, beef is prime protein. It contains about 2 grams of creatine per pound.

**BEEF WITH BROCCOLI**

YIELDS 4 SERVINGS

- $\frac{3}{4}$  cup low-sodium soy sauce
- 2 tbsp honey
- 2 tsp sesame oil
- 2 cloves of garlic, minced
- 2 tsp grated fresh ginger
- $\frac{1}{4}$  tsp crushed red pepper flakes
- 1 $\frac{1}{2}$  lbs skirt steak, cut into 1-inch thin slices
- 1 tsp canola oil
- 2 $\frac{1}{2}$  cups broccoli florets

Whisk soy sauce, honey, sesame oil, garlic, ginger, and red pepper flakes in a bowl. Place steak in a shallow dish. Pour half the marinade over steak. Marinate for 20 minutes. Save leftover marinade.

**2.** Heat the canola oil in a large nonstick skillet or wok over high heat. Remove beef from marinade and cook 5 minutes.

**3.** Add broccoli and remaining marinade and stir-fry up to 5 minutes, or until broccoli is crisp-tender. Serve beef mixture over rice, if desired.

**NUTRITION PER SERVING**

<b>449</b> CALORIES	<b>50g</b> PROTEIN	<b>16g</b> CARBS	<b>28g</b> FAT
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# Beefed-Up Veggies

Everyone likes Chinese takeout, but it comes with excessive salt and oil. We made a better beef and broccoli that doesn't sacrifice flavor or muscle-building benefits. **BY NICOLE DONNELLY**

FOOD STYLING BY EUGENE JHO



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## GET MORE RECIPES

Chef Robert Irvine's new book, *Fit Fuel*, is available now at [fitfuelbook.com](http://fitfuelbook.com)



## QUICK TIP

Try soaking the plank in wine or cider for extra flavor. Tabasco-flavored wood chips can offer subtle heat.

# Quick & Easy

The only thing better than the flavor of this cedar plank salmon: how simple it is to make.

## CEDAR PLANK SALMON

MAKES 2 SERVINGS

### FOR THE SALMON

- 2 6-oz salmon fillets, skin off
- 1 tsp olive oil
- Kosher salt, to taste
- Pepper, to taste

### FOR THE CHIPOTLE RICOTTA

- 1 tbsp chipotle in adobo sauce
- 2 oz ricotta cheese
- Salt and pepper, to taste

### FOR THE CITRUS AVOCADO SALSA

- 1 tbsp orange juice
- 1 tbsp lemon juice

- ½ avocado, diced
- 1 tbsp diced tomato
- 1 tbsp diced yellow onion
- 1 tbsp chopped cilantro
- 1 tbsp chopped mint
- Salt and pepper, to taste

### SALMON

1. Preheat grill to medium-high heat.
2. Rub salmon fillets with oil and season with salt and pepper. Lay salmon on a cedar plank.
3. Place plank on the center of grill and cover.

Cook for 10 minutes, or until internal temperature reaches 120°F.

4. Serve with chipotle ricotta and citrus avocado salsa.

### CHIPOTLE RICOTTA

1. In a blender, puree the chipotle until smooth. Mix in ricotta, salt, and pepper.

### CITRUS AVOCADO SALSA

1. Mix all ingredients gently.

### NUTRITION PER SERVING

485  
CALORIES

48g  
PROTEIN

8g  
CARBS

28g  
FAT





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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



# Quinoa

This superfood pumps up the protein content of any dish. **BY AMY SCHLINGER**

## COMPLETE PROTEIN

Quinoa contains nine essential amino acids that are not produced in the body.

**1**

### WHIP UP A BREAKFAST BOWL

In a pot, bring  $\frac{1}{4}$  cup rinsed quinoa,  $\frac{1}{2}$  cup water, and a pinch of salt to a boil. Reduce heat, cover, and simmer 10 to 12 minutes or until quinoa is cooked. Coat the bottom of a bowl with  $\frac{1}{2}$  cup nonfat Greek yogurt. Add in cooled quinoa,  $\frac{1}{2}$  cup berries of choice, and  $\frac{1}{4}$  cup sliced almonds. Drizzle with honey.

**2**

### TOSS A SALAD

Combine juice of 1 lemon, 1 minced garlic clove, and  $\frac{1}{4}$  cup olive oil in a bowl. Add half of this dressing to 4 cups cooked quinoa, toss, and chill for 5 minutes. Add 2 cups sliced cherry tomatoes, 1 medium chopped cucumber,  $\frac{1}{3}$  cup chopped parsley, and the remaining dressing.

**3**

### SAUTÉ IT WITH PINEAPPLE

In a pan, combine 1 tbsp olive oil, 3 diced garlic cloves, and 1 medium diced onion and cook for 5 minutes. Add 1 diced red bell pepper and  $1\frac{1}{2}$  cups diced pineapple and cook until pineapple is soft. Mix in 4 cups cooked quinoa and  $\frac{1}{4}$  cup cilantro. Cook 1 minute and serve.

**4**

### BAKE A CASSEROLE

Preheat oven to 350°F. In a pan, heat 1 tbsp oil and 1 small, diced yellow onion. Add in 2 chopped broccoli heads; sauté 5 minutes. Slowly stir in 1 cup milk and 1 cup shredded cheese. Add  $1\frac{1}{2}$  cups rinsed quinoa and stir. Transfer to greased baking dish and bake for 10 to 15 minutes.

**5**

### MAKE A STUFFING

Preheat oven to 375°F. In a pan, combine 3 chopped garlic cloves, 1 chopped yellow onion, and 1 medium chopped zucchini; cook 10 minutes, then combine with 4 cups cooked quinoa, 2 chopped plum tomatoes, and  $\frac{1}{3}$  cup chopped parsley. Stuff 6 small seeded, halved peppers with mixture. Bake in foil-covered dish for 30 minutes. Remove foil. Bake 20 minutes.



# ALWAYS WITHIN REACH

The Animal history is a tale of hard work and uncompromising commitment to excellence spanning four decades. Growing from a small operation in Jersey to the company the best lifters in the world depend on for the tools their goals demand. We're proof that when you apply old school values, the extraordinary becomes tangible. These lessons are what you live every day in the gym. You put your head down and pay dues. And a day at a time, your aspirations become more real. All along the way, Pak is there—providing the foundation upon which you can build something great. In your gym bag, at the training table, Pak remains. Like your dream, always within reach.



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TAKE A BREAK  
FROM BODY-PART  
SPLITS AND ADD  
SIZE BY HITTING  
EVERY MUSCLE  
FOUR TIMES  
PER WEEK



# MAKE 4X THE GAINS

**HIGHER FREQUENCY = MORE MUSCLE**

BY CHAD WATERBURY PHOTOGRAPHS BY JASON ELLIS

**AS IS TRUE WITH ALMOST ANY SKILL**, the more you lift, the better you get at it (and the bigger you get as a result of it). The more frequently you train a muscle, the faster it's going to respond by growing. So if you've only ever trained one or two body parts in a session—totaling only one or two sessions for that area in a week—prepare to switch to a full-body, high-frequency routine that will bring gains at mind-blowing speed.

The problem with high-volume body-part splits is that they beat your muscles into the ground. For instance, if your chest day contains five or so different exercises for the

pecs, they'll need several days to recover before they can be worked again. It's great to train a muscle from all the angles and improve its work capacity, but going so long

between workouts robs it of a chance to be exposed to the training stimulus again sooner, and that's blowing an opportunity for growth.

To train a muscle more often, you have to reduce the work you give it in a single session, but that's OK. Instead of working your chest with 12 sets in one session, you might do 12 total sets over the course of a whole week, with each session building on the gains of the previous one. But just cutting back on the

volume in a workout isn't enough to ensure recovery. You have to be careful about exercise selection, too.

While muscles respond well to being worked often, the joints can resent it big time. Doing heavy bench presses one day followed by shoulder pressing and dips on other days will be hell on your shoulder joints and set you up for injury. To train often and safely, you need to pick mainly joint-friendly exercises and keep recovery foremost in mind, and that's why you'll see various chest-supported rowing movements and body-weight exercises in our program.

Training the whole body in each session will ensure you make balanced gains and work the same muscles four different times in a single week. Think about it: If you were hitting your arms once a week, that's 52 arm workouts a year. If you start hitting them four times a week, that's a whopping 208 arm workouts per year. Think your arms might be bigger after that? (Incidentally, if you are interested in prioritizing your arms and/or calves, see the specialization plan on page 88.)

## PULLUP/LAT PULLDOWN

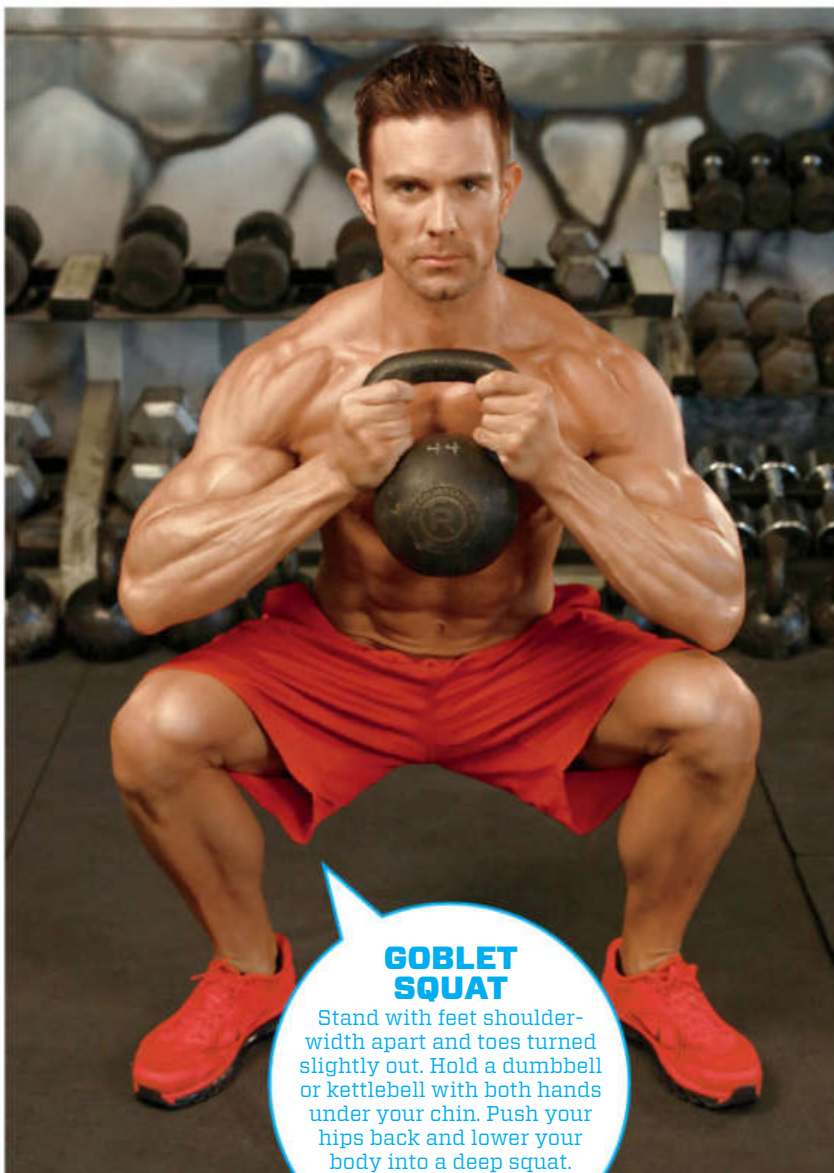
Pull yourself up (or the bar down) until your chin is over it and the bar nearly touches your collarbone. Hold this position.

## FEET-ELEVATED PUSHUP

Rest your feet on a bench or other elevated surface that allows you to perform all the given reps. Begin in the top of the pushup position and try to pull your hands together. They won't move but actively trying to slide them together in front of your chest will activate more pec fibers. This is the position of the hold.

## CHEST-SUPPORTED REAR-DELT RAISE

Set the bench to a 45-degree angle and lie with your chest against it. Grasp a dumbbell in each hand and raise the weights up until your upper arms are parallel to the floor. Hold that position.



### GOBLET SQUAT

Stand with feet shoulder-width apart and toes turned slightly out. Hold a dumbbell or kettlebell with both hands under your chin. Push your hips back and lower your body into a deep squat. Hold this bottom position.

4

## CABLE BENCH PRESS

Attach D-handles to the low pulleys of two facing cable stations. Place a bench in the middle, lie back on it, and grasp the handles. Carefully press the handles over your chest one at a time and hold the finished (pressed) position. Lower the handles until your upper arms are parallel to the floor—no lower—and press up together on each rep.

## CHEST-SUPPORTED ROW, PALMS UP

Set the bench to a 70-degree angle and perform the row with your palms facing up. Hold the top position.

## DECLINE BENCH PRESS

Set the bench to a 15- to 20-degree decline and perform a bench press with hands set shoulder-width apart. Lower the bar to your sternum. Hold the up (pressed) position.

## LATERAL RAISE

Raise the weights out to your sides so they're level with your ears. Hold that position to begin each set.



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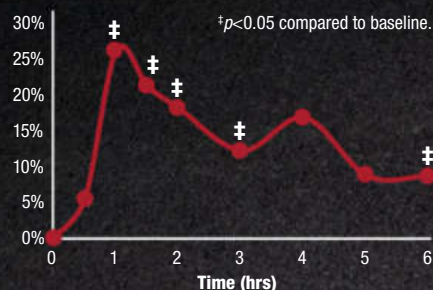
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\*Results compared to baseline.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





4

**BULGARIAN  
SPLIT SQUAT**

Hold a dumbbell in each hand (or use your body weight alone) and rest the top of one foot on a bench behind you. The bench should be at lunge length so that, when you descend, your front knee doesn't travel in front of your toes. Keep your torso vertical and lower your body until your rear knee nearly touches the floor—hold this position. On your reps, come up until you're standing tall after each descent. Perform all your reps on one leg and then repeat on the other side immediately.

**CHEST-SUPPORTED  
DUMBBELL  
ROW**

Set the bench to a 45-degree angle and lie on it chestdown with a dumbbell in each hand. With your palms facing each other, draw your shoulder blades back and together as you row the weights to your sides. Begin each set by holding the finished (rowed) position.





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HIGH FREQUENCY



4

### NEUTRAL-GRIP FRONT RAISE

Hold dumbbells with your palms facing each other and raise them up to eye level at a slight angle from your torso so your arms form a Y-shape.



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## MONDAY WORKOUT A

EXERCISE	SETS	REPS	REST
Chest-supported Dumbbell Row	3	*	90 sec.
ALTERNATE WITH			
Cable Bench Press	3	*	90 sec.
Bulgarian Split Squat	2	*	90 sec.
ALTERNATE WITH			
Lateral Raise	3	*	90 sec.

## TUESDAY WORKOUT B

EXERCISE	SETS	REPS	REST
Pullup (or Lat Pulldown)	3	*	90 sec.
ALTERNATE WITH			
Feet-elevated Pushup	3	*	90 sec.
Barbell Hip Thrust	3	*	90 sec.
ALTERNATE WITH			
Chest-supported Rear-delt Raise	3	*	90 sec.

## THURSDAY WORKOUT C

EXERCISE	SETS	REPS	REST
Chest-supported Row, Palms Up	3	*	90 sec.
ALTERNATE WITH			
Decline Bench Press	3	*	90 sec.
Goblet Squat	3	*	90 sec.
ALTERNATE WITH			
Neutral-grip Front Raise	3	*	90 sec.

\*In Weeks 1 and 2, begin every set of every exercise with a five-second static hold. That means you'll hold a certain point in the range of motion for that lift. (See the exercise descriptions for how to do this for each lift individually.) Immediately afterward, perform five full range of motion reps. Rest 10 seconds and perform a four-second hold, followed by four full-range reps. Rest 10 more seconds, do a three-second hold, then three reps. All of the above equals one set.

In Weeks 3 and 4, do a six-second hold and six reps; work down to a four-second hold and four reps.

In Weeks 5 and 6, do a seven-second hold and seven reps; work down to a five-second hold and five reps.

## 6-WEEK PROGRAM

You'll train four days a week on a rotating schedule. So you'll do Workouts A through C Monday through Thursday, and then you'll repeat the cycle with Workout A again on Saturday. (You'll pick up next Monday with Workout B.)

Each workout consists of exercises that are paired and alternated, so you'll do one set for the first exercise in the pair, rest, then a set for the second exercise, rest again, and repeat until all sets for that pair are complete.

### BARBELL HIP THRUST

Sit on the floor and roll a loaded barbell into your lap. Lie back against a bench so your upper back is supported and plant your heels close to you on the floor. Brace your abs and drive your heels into the floor to raise your hips up in the air and hold the position. Lower your butt back to the floor to begin your reps.







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**TRICEPS  
PUSHDOWN**

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Keep your upper arms at your sides and extend the elbows. Hold the extended position to begin the set.

4

**ARM AND CALF  
SPECIALIZATION**

If you want to target your arms and/or calves for extra growth over our six-week plan, place this circuit at the end of any two of the workouts. For example, you could tack it onto the end of Monday's and Thursday's sessions. Perform one set of each exercise in sequence and repeat for three total rounds. Rest 60 seconds between exercises.

Note that these exercises are done the same way as all the others, alternating isometrics with full reps.

**CHEST-SUPPORTED  
INCLINE CURL**

Set a bench to a 70-degree angle and lie against it chestdown with a dumbbell in each hand, palms facing each other. Curl the weights up and twist your wrists as they rise so your palms face up at the top. Hold the top (curled) position.

**TRICEPS PUSHDOWN**

Perform pushdowns with a rope handle attachment. Hold the extended position.

**SINGLE-LEG  
STANDING CALF RAISE**

Stand on one foot on a block or step and perform calf raises. Hold the top position where your heel is high in the air. Perform all your reps on one leg and then repeat on the other side immediately. **MRF**

**CHAD  
WATERBURY**

is the author of  
*HFT2*, available at  
[hftmuscle.com](http://hftmuscle.com)





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# THE *M&F* TAILGATING PARTY

The typical football game tailgate of burgers and brats will blow up your waistline and turn back the clock on your gains. Our tailgating recipes aren't just better for your health and physique—they taste better, too.

## CHEF'S TIP

Remove burgers from the fridge 30 minutes before cooking to let them return to room temperature to ensure more even cooking.



BY CHEF GAVAN MURPHY  
PHOTOGRAPHS BY JODY HORTON





## 1 TURKEY TARRAGON SLIDERS

**SERVES 4**

- 1 tbsp olive oil
- $\frac{3}{4}$  cup finely diced red onion
- 1 large garlic clove, minced
- 1 lb organic ground turkey (50% white meat, 50% dark)
- 2 tbsp chopped fresh tarragon
- Zest of  $\frac{1}{2}$  lemon
- 2 tsp whole-grain mustard
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 4 mini burger buns

### FOR GARNISH:

Swiss cheese  
Arugula  
Grilled tomato slices

- 1) Preheat a sauté pan over medium heat. Add olive oil and sauté onion for 1 minute. Add garlic and cook for another minute. Remove from heat and let cool.
- 2) In a large bowl, add cooled onions to ground turkey along with tarragon, lemon zest, mustard, salt, and pepper. With clean hands, mix well. Form evenly into 4 patties.
- 3) Preheat a grill to high heat. Cook each burger for 3 to 4 minutes on each side, or until cooked through and internal temperature reaches 160°F.
- 4) Place burgers on buns. If desired, garnish with Swiss cheese, arugula, and grilled tomato.

### MACROS PER SERVING

<b>363</b>	<b>26g</b>	<b>24g</b>	<b>18g</b>
CALORIES	PROTEIN	CARBS	FAT

## 2 BEER MARGARITA

**SERVES 4**

- 2 (12 oz) bottles lager beer, chilled
- $\frac{1}{2}$  cup defrosted frozen limeade
- $\frac{1}{2}$  cup tequila
- 1 cup ice
- Salt (optional)
- 1 burnt lime (optional)

- 1) Put the beer, limeade, tequila, and ice in a pitcher and mix.
- 2) If desired, salt the rim of a serving glass: Moisten rim with water; dip into plate of salt.
- 3) Pour margarita into glass. If desired, garnish with wedge of burnt lime: Cut 1 lime in half; sauté on high heat in pan for 2 to 3 minutes to brown. Cool; cut into wedges.

### MACROS PER SERVING

<b>214</b>	<b>0g</b>	<b>27g</b>	<b>0g</b>
CALORIES	PROTEIN	CARBS	FAT







## BUFFALO SURF 'N' TURF

**SERVES 8**

- $\frac{3}{4}$  cup hot sauce
- 1 tbsp smoked paprika
- 3 cloves garlic, minced
- Zest of 2 lemons
- 4 tbsp apple-cider vinegar
- 4 tbsp grape-seed oil
- $\frac{1}{4}$  tsp salt
- 1 lb large shrimp, peeled and deveined
- 2 lbs chicken wings (wingettes and drumettes)

### FOR DIPPING SAUCE:

- 1 quart low- or nonfat Greek yogurt
- $\frac{1}{4}$  cup blue cheese
- Zest of 1 lemon
- Juice of  $\frac{1}{2}$  lemon
- 1 tbsp chopped chives
- Salt and pepper, to taste

**1)** Make buffalo sauce: In a large bowl, mix together hot sauce, paprika, garlic, lemon zest, vinegar, oil, and salt. Taste and add more hot sauce if desired. (But be careful:

The heat will increase once the buffalo sauce has been sitting for a while.)

**2)** Divide buffalo sauce into 2 ziplock bags. Put shrimp in one bag and chicken wings in the other; seal bags and shake to coat.

**3)** Preheat oven to 400°F.

**4)** Lay wings on a foil-covered tray in a single layer. Roast for 40 minutes until browned and cooked through.

**5)** Make dipping sauce: Blend all ingredients except chives in a blender for 30 seconds, then fold in chives. Refrigerate.

**6)** When wings are almost ready, sauté or grill shrimp for 2 minutes on each side until firm to touch. Serve shrimp and wings with dipping sauce, as well as celery and carrot sticks if desired.

**NOTE:** If marinating chicken ahead of time, make sure to remove from the fridge 30 minutes before cooking to return to room temperature. This will ensure even cooking.

### MACROS PER SERVING

<b>616</b> CALORIES	<b>44g</b> PROTEIN	<b>30g</b> CARBS	<b>34g</b> FAT
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## CHICKEN SAUSAGE & PEPPERS

**SERVES 4**

- 4 chicken sausage links
- 1 tbsp olive oil
- 1 cup sliced red bell pepper
- 1 cup sliced yellow bell pepper
- 1 cup sliced red onion
- Salt and pepper, to taste
- 1 clove garlic, minced
- 2 tbsp chopped chives
- 2 tbsp balsamic vinegar

**1)** Preheat a grill pan over high heat. Sear sausages on all sides.

Remove and slice diagonally into  $\frac{1}{2}$ -inch slices.

**2)** In a large sauté pan, add the oil, peppers, and onion and sauté on medium heat. Add salt and pepper. Cover to steam.

**3)** Stir every minute until vegetables soften, about 5 minutes.

**4)** Once vegetables are soft, remove the lid, add garlic, and cook uncovered until the peppers and onions caramelize (brown), about 5 minutes, stirring occasionally.

**5)** Add the sliced sausage and sauté for 3 minutes.

**6)** Remove from heat and add chives and balsamic vinegar.

**7)** Serve on a plate, or, if you don't mind the extra carbs, on a toasted whole-wheat hero.

**NOTE:** Caramelizing the peppers and onions brings out the natural sugar, which sweetens the dish.

### MACROS PER SERVING

<b>194</b> CALORIES	<b>17g</b> PROTEIN
<b>14g</b> CARBS	<b>7g</b> FAT







TAILGATING

5

**CHEF'S  
TIP**

If you cook the pita chips until they're completely crispy, they will end up being too dry when cooled.



## DIP DUO & CHIPS

**SERVES 8**

### TEXAS CAVIAR

- 2 (15 oz) cans black-eyed peas, drained
- 2 cups corn (fresh or frozen)
- 1 cup finely diced red onion
- 1 red bell pepper, finely diced
- 1 jalapeño, seeded and minced
- ¼ cup minced fresh cilantro
- 3 green onions, thinly sliced
- 4 tsp olive oil
- 2 tbsp red-wine vinegar
- Juice of 1 lime
- Salt and pepper, to taste

- 1) In a large bowl, mix all ingredients.
- 2) Cover and refrigerate for at least 1 hour, up to 24 hours.

### SUN-DRIED TOMATO ARTICHOKE HUMMUS

- 1 (15 oz) can chickpeas, drained
- ½ cup sun-dried tomatoes
- ½ cup marinated baby artichokes
- ½ cup fresh basil
- 1 tsp salt
- ¼ tsp white pepper
- 2 tbsp sun-dried tomato oil
- 2 tbsp artichoke oil
- 1 tbsp cold water (or more for desired consistency)

- 1) Blend all ingredients except the oils and water in a blender.
- 2) Puree, adding oils gradually; add water gradually and puree until smooth.

### BAKED PITA CHIPS

- 4 pita rounds, each cut into 8 pieces
- 1 tbsp olive oil
- 2 tsp ground cumin
- Salt and pepper, to taste

- 1) Preheat oven to 400°F.
- 2) In a bowl, toss pita with oil, cumin, salt, and pepper.
- 3) Place pita on a baking sheet in a single layer. Bake, turning once, until crisp, about 10 minutes. Watch closely to avoid burning.

#### MACROS PER SERVING

<b>401</b> CALORIES	<b>13g</b> PROTEIN	<b>52g</b> CARBS	<b>18g</b> FAT
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### CHILI CON CARNE

**SERVES 6**

- 2 lbs flank steak
- Salt, pepper, onion powder, and garlic powder, to taste
- 1 tbsp grape-seed oil
- 1 tbsp olive oil
- 1 cup medium-diced white onion
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp paprika
- 4 cups canned diced tomatoes
- 1 tbsp tomato paste
- 2 (15 oz) cans red kidney beans, drained
- 4 cups low-sodium beef broth

- 1) Season steak on both sides with salt, pepper, onion powder, and garlic powder.
- 2) Preheat a sauté pan over medium-high heat. Add grape-seed oil and

- sear steak for 3 to 4 minutes on each side until golden brown. Remove from heat; let rest for 2 minutes. Slice into ¼-inch slices; set aside.
- 3) Preheat a large soup pot over medium heat. Add olive oil and onion and sauté for 2 minutes. Add garlic, cumin, coriander, and paprika, stir to combine, and cook for 1 minute.
- 4) Add tomatoes, paste, beans, and broth. Bring to a boil, reduce heat to simmer, and add steak, plus any accumulated juices. Cook for 1 hour, or until beef is tender.
- 5) Serve in bowls and, if desired, garnish with chopped fresh cilantro and green onion. **MAR**

#### MACROS PER SERVING

<b>556</b> CALORIES	<b>54g</b> PROTEIN
<b>31g</b> CARBS	<b>24g</b> FAT





# THE STRENGTH WITHIN HER

WHEN WORLD CHAMPION POWERLIFTER **MATT KROCZALESKI** CAME OUT AS A TRANSGENDER WOMAN, **JANAE MARIE**, THE NEWS TURNED THE FITNESS WORLD UPSIDE DOWN. NOW LIVING IN THE OPEN, THE UNBREAKABLE IMAGE SHE FORGED AS AN ATHLETE WILL BE PUT TO THE ULTIMATE TEST.

BY MATT TUTHILL | PHOTOGRAPHS BY PER BERNAL



## ANY SMALL UNDERGROUND

gym gets the “dungeon” nickname by default, but the one that Matt Kroczaleski built in the basement of his suburban Michigan home in a cookie-cutter subdivision of Ypsilanti between Ann Arbor and Detroit is the only one you might confuse for an actual dungeon. The top half of the poured-concrete walls is covered in blood-red spray paint; the bottom half in black. Dozens of heavy chains and thick rubber bands hang from pegs on the wall. All of it is standard powerlifting gear, but the setting makes it look designed for torture.

By the time you find his custom gear—the fabled “Kroc Row” dumbbells, which can be loaded up to 300 pounds, and a 250-pound length of telephone pole that he would drape across his shoulders for walking lunges in deep snow—the sinister atmosphere is complete. Matt once described the gym’s concept as “descending into hell.”

The sport of powerlifting exacts a toll on the body that is rivaled by only a handful of other extreme sports, but Matt, who fans simply called “Kroc,” had an uncommon obsession for shattering records that seemed to ignore all consequences. The price he paid came in the form of several muscle tears over the years: left calf, right quad, left lat, left pec, both biceps, and both triceps. The intracranial pressure accrued during his squat sessions twice caused severe hemorrhaging.

That was just the cost of training. His particular brand of contest prep would kill most men. When cutting weight before a powerlifting meet, he could lose 35 pounds in a 24-hour period; he’d wear several sweat suits, get into his car in the middle of the summer, roll up the windows, turn

the heat on full blast, and drive around for hours. Any weight he didn’t lose in the car came off in his bathroom, where, after stuffing all the vents with towels, he drove the temperature up to 150° by running a hot shower all night. He’d go in and out of his makeshift sauna for 30-minute bouts, forgoing sleep, until he hit his target. After the weigh-in, he could gain all the weight back by eating and drinking Gatorade nonstop until the meet.

He didn’t just survive these bizarre rituals, he got on the lifting platform the next day and decimated the rest of the field. In 2009, he set the powerlifting world record in the 220-pound weight class, squatting 1,003 pounds, deadlifting 810, and benching 738 for a staggering three-lift total of 2,551.

Suffice it to say the home gym was appropriate for the style of training Matt was known for. The monolift set against the wall saw some brutal, spine-crushing squat sessions. There’s a Texas Power Bar, thicker and 10 pounds heavier than a standard bar, meant to withstand the rigors of pro powerlifting. It is bent into a sharp, permanent parabola, useless, discarded in the corner. On



**A MASCULINE IDEAL** Known to fans as “Kroc,” Matt was revered not just for his feats of strength but also for his incredible physique, which enabled him to get into competitive bodybuilding in the late 2000s.

user luimarco posted a video outing Matt as the Instagram user @janaemariiekroc, a transgender woman whose profile describes her as “Transgender/genderfluid Alpha male/girly girl Lesbian in a male body Single at the moment.”

By the time the news hit powerlifting forums, Janae was done hiding. She logged on as Matt and addressed her critics. She wasn’t angry. She was ready to tell the world what only her family and closest friends had already known. Yes, she was transgender. She was born biologically male but identified as female for as far back as memory serves.

“I can remember being 5, 6 years old and already having these feelings of needing to be female,” Janae says. “I would daydream about being a girl. I’d be doing the things I’d normally do, but doing them as a girl. There was a lot of shame. I didn’t know why I felt that way.”

On the day of her *M&F* photo shoot, Janae is sitting in a tall director’s chair in the middle of her kitchen. A makeup artist is working on a brand-new look, and Janae is cooing throughout the process. At the moment, she still looks a lot like Matt. The 240 pounds of lean muscle she amassed during several decades of powerlifting and bodybuilding aren’t going away overnight. The haircut is another factor. She still sports a uniform standard high-and-tight fade that dates back to Matt’s days as a Marine working security for President Bill Clinton at Camp David.

She’s wearing a black Nike Dri-Fit tank top, leopard-print capri length

**EVEN AT A YOUNG AGE, YOU KNOW THAT SOMETHING LIKE THAT ISN’T GOING TO BE RECEIVED WELL. I WAS TERRIFIED AT WHAT PEOPLE WOULD THINK.**

the opposite side of the gym there is a jack to make it easier to load the bar with the amount of plates he needed for his deadlifting sessions; when you can pull more than 800 pounds, your rep work is in excess of 500. Neighbors didn’t complain of noise but that their houses shook when he dropped the weight.

In one corner, there are shelves lined with old bodybuilding and powerlifting magazines, copies of Matt’s book, *Insane Training*, and his DVD, *Intensity*, alongside boxes of “Kroc Row” T-shirts. There are also

several copies of an old issue of *Power* magazine with Matt on the cover for what was, at that time, an amazing transition—his shift from powerlifter to bodybuilder.

Hidden under the stairs is another stack of old magazines: *Cosmopolitan*, *Elle*, *Marie Claire*, and *Glamour*. They were all saved for hair, makeup, and fashion ideas—for the day “Kroc” could fade away and Janae could reveal herself as the woman she always knew she was on the inside.

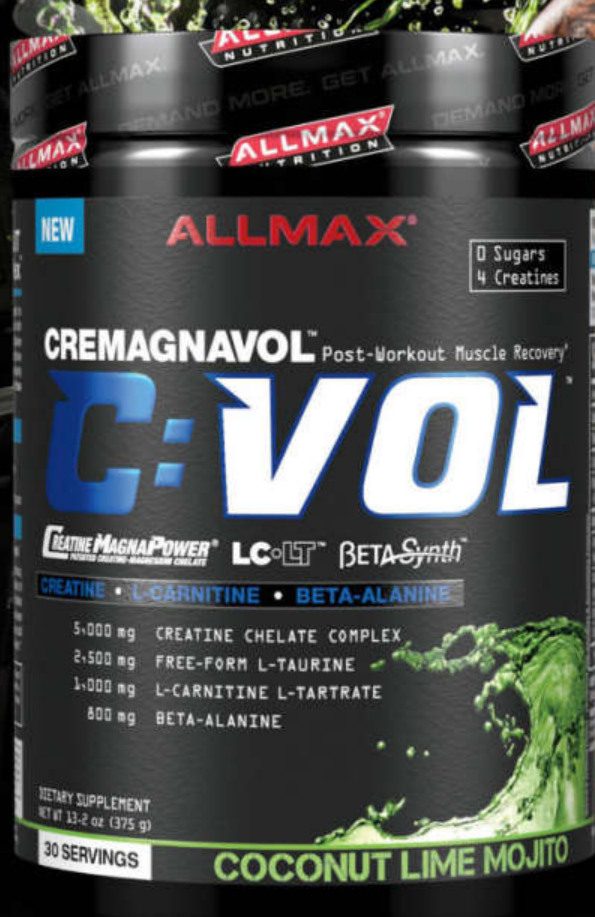
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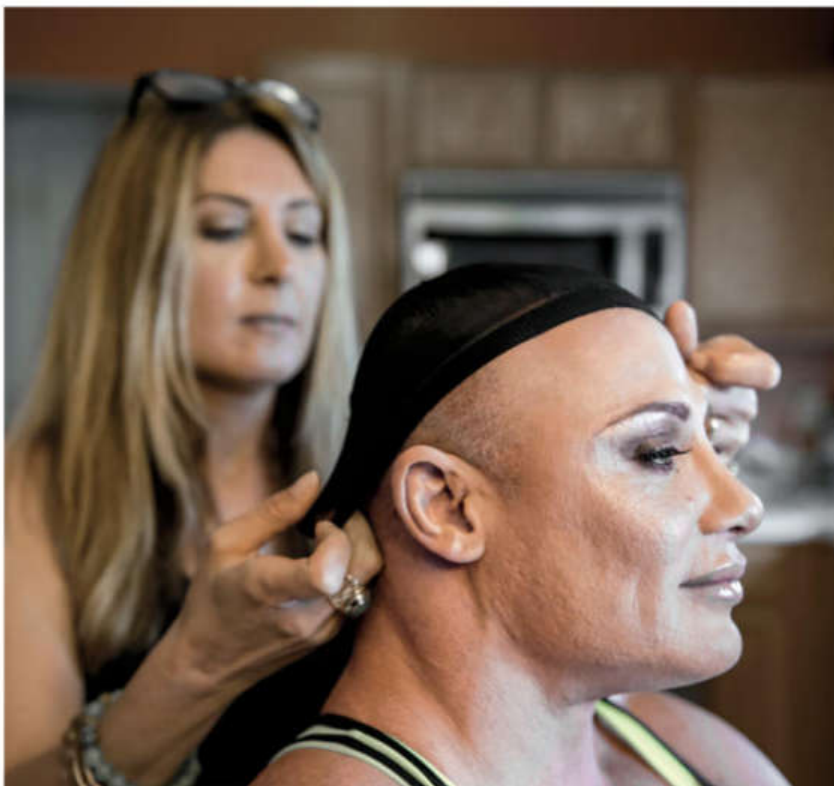
tights, and a pair of purple and turquoise Air Max sneakers. She's asking the makeup artist a question about where she bought her brushes. Her cat, Dawkins, a hairless Sphynx named after the famed atheist and author Richard Dawkins, darts around the kitchen, curious at the activity, protective of her owner.

When the foundation and eyeliner have been applied, it's time for the wig. Janae has several to choose from—curly wigs that would be better suited to glamour shots, and straight ones designed for everyday use. Janae chooses one of the latter, and the makeup artist puts it on. When everything is set, Janae walks into the bathroom to have a look and returns a few minutes later, somber.

"It's even better than I hoped," she says, taking a deep breath. She hugs the makeup artist, fighting back tears.

The makeup artist suggests that Janae try on a different outfit before the shoot begins, so they head upstairs with the photographer to review options.

In her bedroom, Janae pulls a pile of workout clothes out of the dresser and goes to the bathroom to change. On top of her dresser, there are two stacks of books. The stack on the left is a collection of texts on rebuilding classic Camaros that Janae has been referencing for her latest project. She's got a '67 in her garage; it's black with white racing stripes, and she's about to install a 555-cubic-inch custom big block engine that will give it more than 700 horsepower. The stack of books on the right is more varied; there are a few graphic novels, including Marvel's *The Infinity Gauntlet*, and on top, a medical text on facial feminization surgery. The last of these is weathered and shows signs of having been read several times. Janae recently underwent several such procedures: to narrow her nose and upturn the tip, make her cheekbones more pronounced, lift her eyebrows, and



**CAMERA READY** When she was known as Matt, Janae did countless photo shoots for bodybuilding and powerlifting magazines. Here, a makeup artist helps her prep for her first photo shoot as Janae.



shorten the distance between her upper lip and nose. Next to this stack of books sit three sets of breathtakingly lifelike prosthetic breasts.

She has yet to take any measures to lighten her voice, but today it is noticeably more feminine than the way she spoke in years past, a natural, subconscious affectation, she says, of dressing as Janae.

On a high shelf in the corner there is a collection of a dozen powerlifting trophies. Janae emerges with a more subtle, color-coordinated outfit and sees the photographer and makeup artist examining the hardware.

"This isn't all of them," she says.

"There's no room for all of them.

"But this one is the most important one," she adds, pulling up a wig to reveal a large statue of a man, rippling with muscle. "I got it when I set the world record." A sparkling necklace hangs around its neck.

"I guess that is ironic," Janae admits with a stifled laugh. "But I'm not covering these up. I honestly just don't have enough wig heads."

There's some debate with the photographer over what to shoot. He tells Janae he just wants her to be comfortable.

"Well, I won't be able to lift much," Janae says. "I mean, I can, but I've tried to train as Janae before and it just didn't feel right. I guess I could lift a little bit of light weight."

Light, of course, is still at least 315 pounds on any lift.

"I wish I had more time to diet for this," she adds, echoing a common bodybuilder's gripe. But she's not talking about "dialing in" her diet to look more ripped. She's talking about



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losing 80 pounds of muscle.

It's an unfathomable proposition for many of Matt's fans. Other champions in the world of strength sports might have had similar training stories, but Matt was the one guy in powerlifting whom men outside the sport idolized because they didn't just want to be able to do the things he could do, they wanted to look like him, too. Unless you caught him in a bulking or "bloat" phase, the square-jawed brute had a default look that was 250 pounds of muscle with six-pack abs. At 5'9" he was built like a cinder block, exuding a textbook masculine ideal.

When an athlete combines this many rare and coveted qualities, he's placed on a pedestal propped up with endless superlatives, none used more frequently, or affectionately, than the term *freak*.

Since coming out, the word *freak* has been used in Internet forums to describe Janae, though it is no longer a term of endearment.

In the media blitz that followed her admission, she answered a lot of the FAQs. Though she legally changed her name to Janae Marie Kroczaleski (it's what her mother would have named her had she been born biologically female) in April of this year, she still lives as both Matt and Janae, hence the term *gender fluid*. Since she still lifts, she'll meet with training partners as Matt, but she goes to work every day as a pharmacist in the Canton, MI, Walgreens as Janae. Yes, she thinks what Caitlyn

Jenner is doing right now is wonderful, but no, it did not inspire her to come out. She had been waiting to come out—and has yet to undergo SRS, or sex reassignment surgery—until her boys, aged 13, 15, and 17, could graduate high school. She rightly feared that a full transition could make their social lives much more difficult. But since the choice to come out has now been taken from her, she might make the full transition soon.

"I've worried a lot about how this would affect my boys, but if I postpone everything, what am I teaching them?" she asks. "That you should conform to society's expectations? That you should suppress who you are to make everyone else happy? I think that's the worst lesson I could teach them."

With estrogen therapy, she expects to drop from 240 pounds down to 160. At 42 years old, that would mean saying goodbye to powerlifting and bodybuilding forever, though she says she won't miss it. Once she's lost the weight, she'd like to compete in triathlons or mountain biking.

However, losing physical strength is a real, practical issue that has held her back. Janae has attempted five transitions in the past eight years. Each time, she underwent estrogen therapy, lost 40 to 50 pounds, then bailed on the process. She learned that when she's not as massive, men stop deferring to her and she loses the peace of mind of being fully capable of protecting herself. Anti-transgender violence is alarmingly common and a major concern

for Janae or any other transgender person. According to the Human Rights Campaign, 17 transgender people have been murdered in 2015 in the U.S. as of this writing.

More than once, she's feared physical violence when she was out at night dressed as Janae.

"I was at a club a few months ago, and five guys followed me to my car," she says. "They slowed down when they got close. The only thing that stopped them was how big I was."

The double-edged sword is unique to her situation: The amount of muscle mass she carries makes her an anomaly even within the transgender community. Many transgender people struggle because they don't conform to societal norms of masculinity or femininity. Being a transgender woman as imposing as Janae makes conformity to either sex all but impossible at the moment.

"It's funny. Whenever I see pictures of Matt, I always thought he looked small," she says. "Whenever I see Janae, I think I look huge. I wish I had come to terms with this earlier in life. I'd look a lot better."

To understand how Janae pushed herself so far away from where she now wants to be, it's helpful to get a picture of her early life.

"I grew up feeling less than everyone else," she says. "I was poor, and we were white trash, and I knew it. I felt like I had to beat everybody. As a guy, the only way I'm comfortable is being top dog. Part of it was the chip on my shoulder. Part of it was compensating for the feelings I had inside."

Matt was born to conservative Catholic parents Jerry and Diane Kroczaleski and grew up in the woods outside Sterling, MI. Alongside his two brothers, Kurt and Chris, he lived in a mobile home so dilapidated that you had to watch your step in the hallway or risk hitting a rust patch and falling through the floor.

**TOUGHNESS DOESN'T HAVE A GENDER. PEOPLE ASSOCIATE IT WITH MEN BECAUSE THAT'S WHAT WE'VE BEEN TAUGHT AS A SOCIETY. WOMEN ARE SUPPOSED TO BE MEEK AND FRAGILE, BUT THAT'S NOT THE TRUTH. THE REALITY OF THE SITUATION IS GRAY.**



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Jerry heated the trailer with a homemade woodstove fashioned out of a 55-gallon oil drum. A few times when he couldn't afford firewood, he sent his boys into the woods to gather sticks. Five hours of gathering was worth about one night of heat.

Jerry drank heavily and worked a collection of odd jobs—with a business card for all of them except his most lucrative revenue stream: growing and selling marijuana. Oftentimes, he'd stumble home drunk, having abandoned his car on the side of the road with no recollection of where it was. He once tried to add wood to the stove when he was in this state, passed out midway through the process, and nearly burned down the house.

"He was a smart guy who wasted a lot of talent," Janae says. "Alcohol and pot were his self-medication. I couldn't tell you how many cars he wrecked. He's lucky to be alive."

Matt started lifting weights at the age of 9. When he picked up his first dumbbell, there was a thought, a faint hope that gaining muscle could change how he felt inside.

"Even at a young age, you know that something like that isn't going to be received well," she says. "I was terrified at what people would think. I hoped for a long time that this would go away, and so I ran with the whole lifting thing."

On the one hand, Matt hoped to change. On the other, he was fascinated by strength outside of what it meant to his transgender identity. Lifting weights was a pleasant escape. Dad was stringy and unathletic—and by nature, Matt was, too—but training changed all that, and every rep took him further away from Jerry. Matt excelled in sports, particularly wrestling and football, and wasn't tempted by Jerry's habits.

"I think he resented the fact that I was a jock," Janae says. "He told me that I was worthless, that the only things I was good for were eating,



**THEN AND NOW** At left, a collection of Matt's powerlifting and bodybuilding trophies, some of which Janae now uses to hang wigs. Above, Janae works on her '67 Camaro in her garage. "I'm still adventurous. I still love fast cars," Janae says. "I was an adrenaline junkie then, and I still am now."

sleeping, and shitting. He's sober now, and we're actually on good terms...I doubt he remembers much of what he said or did."

It's no surprise, then, that Matt joined the Marines as soon as he was old enough in 1991. Almost immediately, the muscular, intimidating "Kroc" became the drill sergeant's dream recruit at boot camp in San Diego. When other recruits fell out of line or lagged behind in PT drills, the drill sergeant would pit the weaklings against Matt in hand-to-hand combat. To embrace the role, Matt "greatly overcompensated."

"I was the first person to jump on

anyone else for being the least bit feminine," Janae admits. At the time, it was easy to rationalize the behavior because Marines are training for life-or-death situations. Still, there was more to it than that. "Deep down inside, it was me that I didn't like."

Scoring nearly perfect in all his reviews, Matt was selected for presidential security and for a time worked security at the United Nations. By this point, he was well-liked by the other Marines, and social settings made it harder to keep Janae repressed. The guys in his unit asked typical guy things—like how many women he had slept with.



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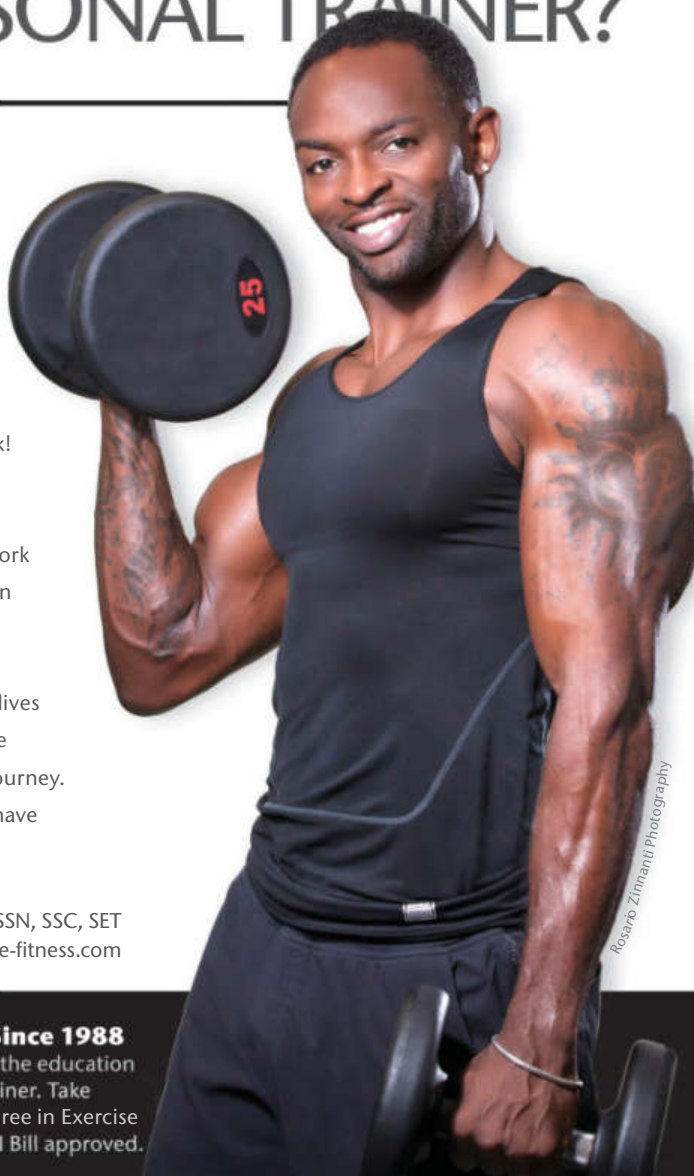
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"I told them the truth, that I was a virgin," Janae says. "No one believed it. They thought it was my line."

At the UN, Matt and his unit had to work closely with the liaison to security, whose assistant turned out to be a blonde bombshell out of central casting. Every man in the unit hit on her aggressively, but she gravitated toward the quiet guy who was always in the back of the room.

"On the last night of the detail, she invited me up to her room," Janae says. Miffed at Matt's lack of advances, she joked that he could leave. "I got up and left," Janae says. "I had no idea what to do."

He craved intimacy and had no way to express it. He loved women but couldn't imagine "being a man" with them because he had always felt that his penis "didn't belong" on his body.

By the time Matt married his first wife, Patty Stoll, in 1996, he figured out that to be with women sexually, he had to imagine himself as a woman. Before he came to that realization, frustrating scenes like the blonde in the hotel room played out over and over, taking a toll on his psyche. The gym was the only mainstay in his life that never let him down. He'd break into the on-base gym in the middle of the night and train for hours, attempting max lifts with no spotters.

"I'd put myself in do-or-die situations," Janae says. "I'd get a one-rep max on the bench that was an absolute grinder. One more pound and there's no way I would have made it...That saying that you'll never feel more alive than when you're close to death, that certainly holds true for me."

Patty knew about her husband's true identity as a transgender woman from the beginning. She tried to understand and be supportive but eventually asked him to stop talking about it. A born-again Christian, she believed transgender thoughts or

feelings were sinful. Keeping everything repressed, Matt went back to school to become a pharmacist, had three boys with Patty, and threw every ounce of spare energy into powerlifting.

In 2004, Matt was diagnosed with testicular cancer, news that elicited new thoughts of wanting to transition. "I actually hoped the cancer would spread to the other testicle and even to my penis," Janae says. "That way they'd have to remove everything, and it wouldn't be my fault for changing. I knew better. I knew the cancer didn't work that way, but I still thought about it."

Initial blood work during cancer treatment yielded another surprise.

"All my hormone levels were in between male and female," she says. "I assumed that I had naturally high testosterone because of how far I had made it in the lifting world. But it turned out my levels were naturally low, and then even lower after surgery. My estrogen levels were high. My prolactin levels were three times what a male's are supposed to be. I also had an

Continued on page 150



**SNOWBOUND** Back in 2011, Matt showed off his snow lunge workout in *M&F*.



ROB TRINGALI



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## **STEEP-ANGLE PREACHER CURL**

A standard preacher curl bench fixes your upper arms at around 45 degrees. With steep-angle curls, you're aiming for the upper arms to be vertical or close to it. This can be achieved by using the backside of the bench or by sitting up tall (not back) with your shoulders well above the pads, as shown.



## NO GIMMICKS,

no novel exercises, no reinventing the wheel. Just lots of curls and a bigger pair of arms for your efforts. That's the basic premise behind the following biceps routine designed by *M&F* contributor Jim Ryno, a personal trainer and owner of luxury home-gym design firm Iron House in Alpine, NJ ([iron-house.co](http://iron-house.co)). Weights are kept relatively heavy with the exception of a 20-rep dropset finisher on the last exercise (steep-angle preachers).

"There's no magic number of reps when it comes to building massive biceps," says Ryno, who recommends doing this routine either with triceps or on its own. "The key is to include a variety of rep schemes—low reps, medium reps, high reps—into your overall program. This routine forces you to use all of these rep ranges. Be mindful to select the proper poundage for each exercise. Going too heavy only leads to bad form, not fully stimulating the muscles and overstressing the elbows. You need to focus on the biceps working. Train the muscle, not the movement."

## HAMMER CURL

"Execute them as a power movement for the arms, using heavy weight for lower reps," says Ryno. Still, keep your form tight. It's OK if your elbows move slightly forward, but don't let them flare out.





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## BARBELL CURL

Slight “cheating” can be utilized on the last rep or two, but otherwise keep your form strict with no leaning back. As for grip width, go with whatever’s most comfortable and natural so that you can focus solely on the biceps.

## WEIGHTED CHINUP

Increase the amount of weight slightly on each set so that the decreasing rep counts are difficult. Feel free to do the first set or two with body weight only if 10 reps or so is your max on body-weight chin-ups. Absolutely no kipping on these. The goal is to build muscle, not burn calories. **M&F**



## THE WORKOUT BICEPS

EXERCISE	SETS	REPS	REST
Weighted Chinup	4	10, 8, 6, 4	60–90 sec.
Barbell Curl	4	12, 10, 8, 8	60 sec.
Hammer Curl	4	8, 8, 6, 6	60–90 sec.
Steep-angle Preacher Curl	2	6/20*	90 sec.

\*6/20 dropset method: Select a relatively heavy weight, one that limits you to 6 reps. Do 6 reps, then immediately cut the weight in half and do 20 reps with the lighter resistance. That’s one complete set.





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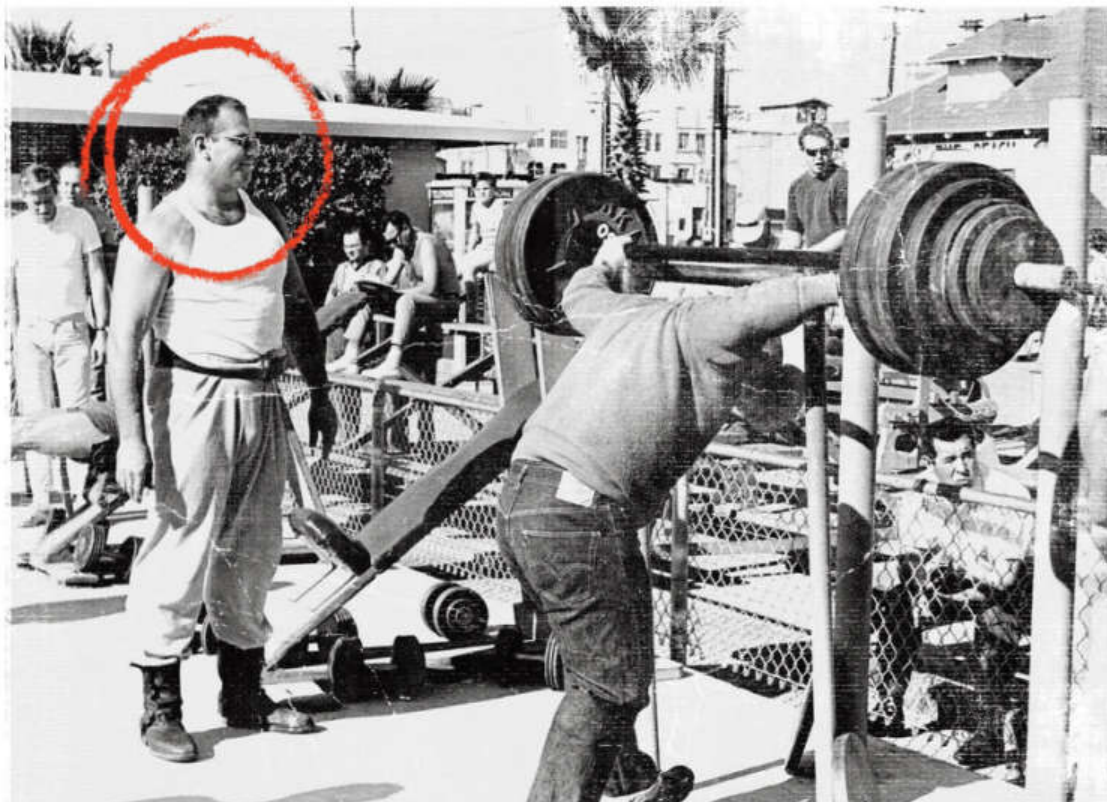
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O

## ONE NIGHT BACK IN 1983 I WAS FLIPPING

channels when my attention was caught by a program on PBS. It was a roundtable discussion between some of the greatest minds of the day, in which they volleyed their views on the meaning of life back and forth—as much a sparring match among intellectual giants as it was an elucidating discourse. I was transfixed. But of the seven men assembled at that round oak table in a darkened room, it was the quietest among them who

intrigued me most. That man was Oliver Sacks, recognized as the real-life neurology doctor whom Robin Williams portrayed in the 1990 film *Awakenings*. Every word from his mouth was precise and reasoned, and whereas several of his counterparts seemed to enjoy sparring, and even engaging in a little chest puffery, Dr. Sacks remained the calm in the center of a storm of intensely profound ideas.

About a decade later I was reading a post by bodybuilding legend Dave Draper on his excellent site (*dave draper.com*) in which he recalled training in the early '60s in Venice Beach, CA, with a monstrously strong medical student from London whose name was Oliver Sacks. I immediately reached out to Dave to ask if this could possibly be the same Dr. Oliver Sacks of *Awakenings*, *A Glorious Accident*, and a host of best-selling books. Dave hadn't seen or spoken with his old lifting buddy in many years, but he suspected that the motorcycle-riding, carousing, bull-strong Brit of his youth may well have been the same man as the esteemed author/physician/professor of today. I told him I was going to do some research and let him know.

A call to the NYC office of Oliver Sacks, M.D., answered by his longtime assistant and collaborator Kate Edgar, resulted in a hand-typed letter in my mailbox a few weeks later, which is transcribed here. I received it from Dr. Sacks in 2003, and to this day it's among my most treasured possessions.

On Sunday, Aug. 30, of this year, Oliver Sacks died at his Manhattan home of liver cancer. He was 82. When I learned of his illness I slotted his letter to me into this issue in the hope that the powerlifter in him would get a kick out of it. Now it must serve as a form of tribute to a man who embodied strength, both physical and mental.



**DOCTOR SQUAT** Dr. Sacks set the California state squat record in 1960, in between seeing patients.

In the letter that follows, Dr. Sacks' passion for training rings loud and true, and as much as he has been heralded for his groundbreaking work in neuroscience, so, too, should he be recognized as a historically great lifter and gym rat (with all the love and respect that term holds for me).

I am grateful to Dr. Sacks for taking

the time to pen this letter, and for inspiring me to always be curious. His example of a creative, open mind coupled with a powerful body is one that I aspire to every day.

Oliver Sacks, M.D., was a physician, an author, and a professor of neurology at the NYU School of Medicine. *The New York Times* has referred to him as “the poet laureate of medicine.”

He is best known for his collections of neurological case histories, including *The Man Who Mistook His Wife for a Hat*, *Musicophilia: Tales of*

*Music and the Brain*, and *An Anthropologist on Mars*.

*Awakenings*, his book about a group of patients he treated in the 1960s who briefly emerged from catatonic states, inspired the Academy Award-nominated feature film starring Robert De Niro and Robin Williams.

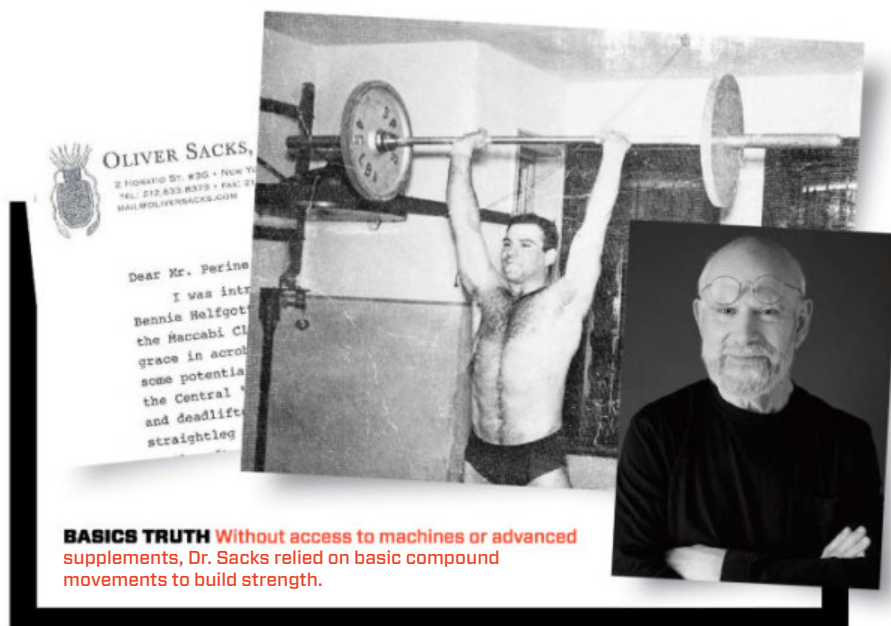
## DR. SACKS' LETTER BEGINS HERE:

I was introduced to weightlifting around 1956 by Olympic medalists Bennie Helfgott and Laurie Levin at the Maccabi Club in London. I had nothing of their skill or grace in acrobatic lifts like the snatch but seemed to have some potential for powerlifting. Meeting Ken McDonald at the Central Y in London—he was a tremendous squatter and deadlifter—incited me further, and I practiced straight leg deadlifts with him, going over 500 pounds a few months after I had started. (I think this is an awful, dangerous lift—it inaugurated 40 years of back problems; I wish I had never touched them!)

When I came to the States in 1960, I concentrated on powerlifting and especially squatting. I had a routine of fives—five sets of five reps with 555 pounds every fifth day—and in 1960 I got the California record for a 600-pound full squat. The most amazing lifter in San Francisco that I met was old Karl Norberg—already over 70. He used to do very strict narrow-grip bench presses with a two-second pause on the chest—warming up with 350 pounds or so. (I believe he later did a 500-pound bench press on his 75th birthday, someone told me.)

When I moved from San Francisco to Venice and Santa Monica, I met extraordinary lifters and bodybuilders—Olympic medalists Dave Sheppard and Dave Ashman, dedicated bodybuilders Hugo Labra and Dave Draper, and some almost out-of-the-world figures like Charlie (Chuck) Ahrens and Steve Merjanian. I never trained with Ahrens—I think Steve may have been his training buddy.

I saw the two of them together, with their 60-plus-inch chests, totally filling a VW Beetle, but I had difficulty lifting his favorite dumbbell (a 375-pound dumbbell he used for side presses) off the ground. I trained partly in the open air on the lifting



platform on the beach in Venice, partly in the wonderful subterranean “Dungeon” in Santa Monica, and partly (with “Peanuts” Jim Hamilton and others) at a small home gym in Peanuts’ place. I bulked up to 280 pounds or more—drinking a gallon and a half of milk a day. Partly because there was no 225-pound category at the time and if you were large, you were either “mid-heavyweight” (up to 198 pounds) or “unlimited.” And how could a 220-pound man, for example, hope to compete against a 300-pound one?

A lot of lifters gathered at Sydney’s on Santa Monica Beach near the base of the Pier. Here, as they got pissed [drunk], their stories became more and more fantastic. One heard of deltoids like watermelons and squats of a thousand pounds. (This last turned out to be a solid fact for the incredible Paul Anderson. He was squatting with almost twice as much as anyone else’s maximum.) And as far as eating goes, we would go to a Swedish smorgas-

borg in Santa Monica, where one could eat as much as one wished. I think they somewhat regretted this when a bunch of gigantic and ravenous lifters/builders came in. Dave Draper tells a wonderful story about it when he and I (he says I had a tentlike T-shirt then) and a couple of others practically denuded the smorgasborg.

This is about as much as I can tell you. Now, nearly 40 years later, I look back on those days with considerable nostalgia. We took zero steroids and had zero machines. We worked our guts out with raw weights, and I’m glad I did it (except for the deadlifts!). One gains a sort of physical confidence and strength. And, yes, a physique, which stands one in good stead and lasts for the rest of one’s life. I am forgetting a lot of names and scenes from those days, but this will have to do for now...

With kind regards,

**PS** I have recently written an autobiography, *Uncle Tungsten*. Tungsten is my favorite metal, and (as you may know) is very dense, as dense as gold—this is 2½ times as dense as steel. I used to do a little shot-putting once but always found that 16 pounds shot a bit large for my hands. But a 16-pound shot made of tungsten would be no larger than a baseball or tennis ball. I am having one made, I don’t know if it would be legal. And think how compact a gym would be, if the weights were made of tungsten, not steel.

**PPS** Speaking of hands, the largest and strongest I ever saw were those of Mac Batchelor, who (at that time) tended (probably owned) a bar near Muscle Beach. Mac could twist a silver dollar in his bare hands and was the most formidable arm wrestler there had ever been. He was also a sweetie, all 320 pounds of him, with a great sense of humor and a wonderful fund of stories.



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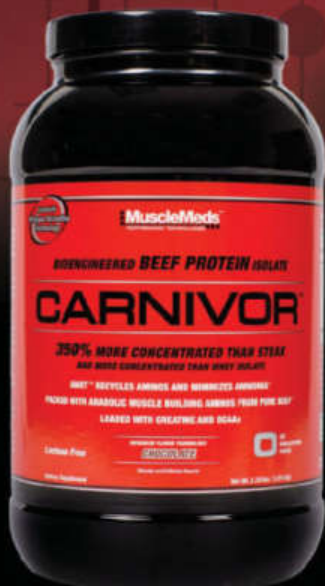
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\*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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PERFORMANCE TECHNOLOGIES



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The Solar Boost running shoe is even lighter (8.2 oz) than the popular Ultra Boost and has a net mesh outer layer for added breathability. Provides the softness that runners demand.

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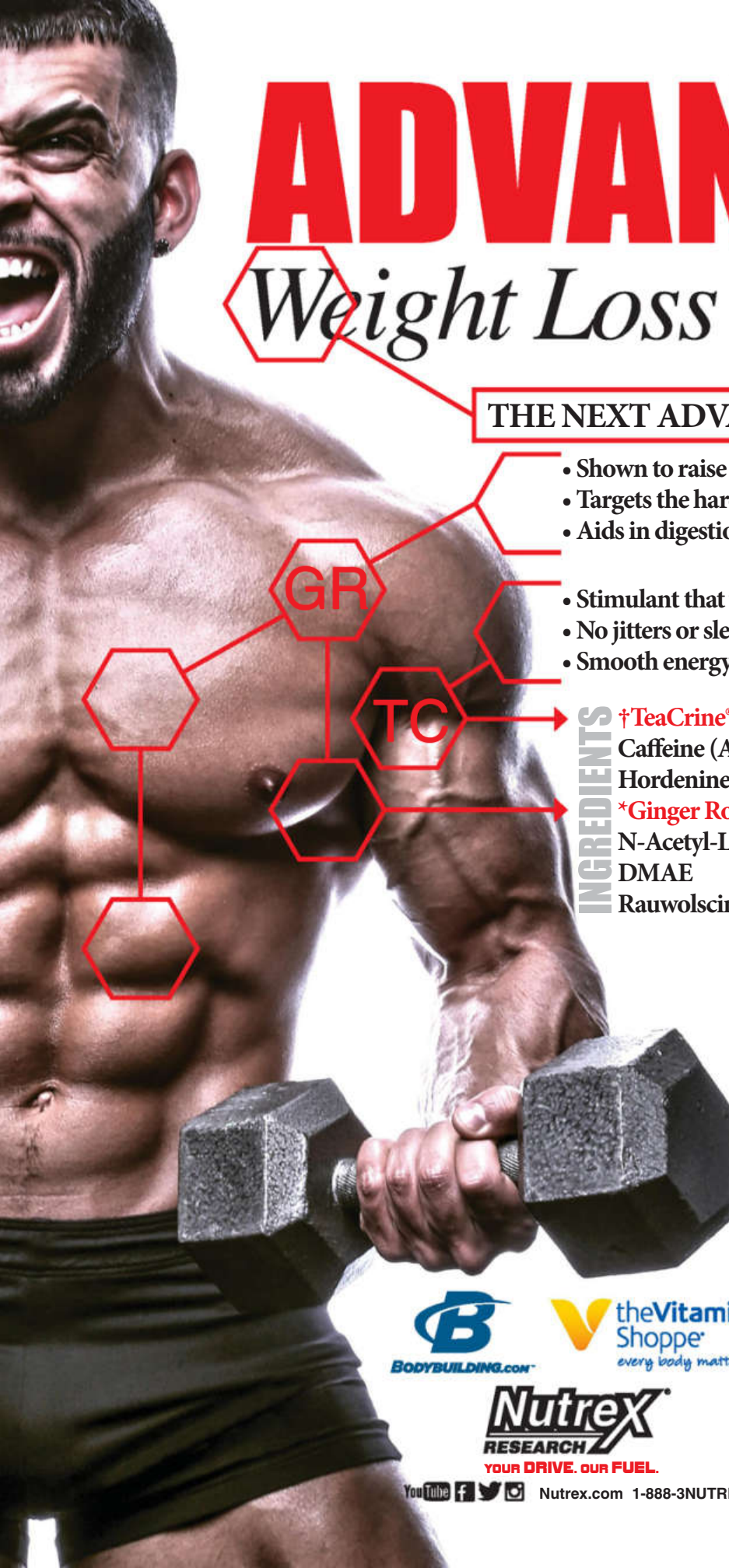
\$60, [IWANTRESULTS.COM](http://IWANTRESULTS.COM)

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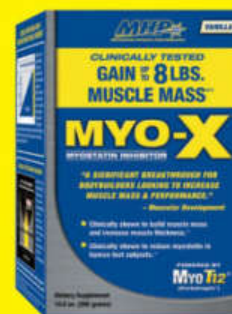
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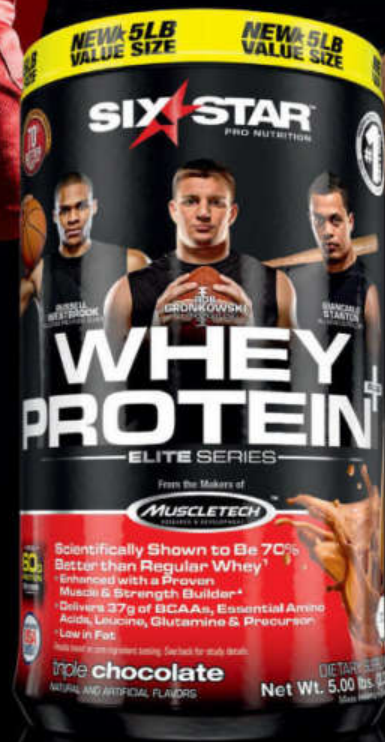
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Pack clothes, sneakers, shakers, and more into the 100% hemp canvas gear bag. The spacious duffel includes a laundry bag and detachable shoulder strap.

\$110, [ONNIT.COM](http://ONNIT.COM)

FOR OUR SUPPLEMENT GUIDE, TURN TO PG. 130



A TIP FROM A  
**FORMER  
SMOKER**

# ***ALLOW EXTRA TIME TO PUT ON YOUR LEGS.***

Brandon, Age 31, Diagnosed at 18  
North Dakota

Smoking causes immediate damage to your body.  
For Brandon, it caused Buerger's disease, which  
cut off blood flow and led to amputation. You can  
quit. For free help, call **1-800-QUIT-NOW**.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[CDC.gov/tips](https://www.cdc.gov/tips)



THE FALL SUPPLEMENT GUIDE

# **THE BEST SUPPLEMENT FOR YOU**



Knowing what to look for on a label goes a long way toward ensuring that you spend your money wisely.



**The truth about supplements is this: The best ones can help you get fit and improve your health. They combine cutting-edge or sometimes well-known ingredients that have been shown in studies to work. The worst ones? They're useless or dangerous. But how do you know which ones to choose? How do you know how to evaluate products when online scams and bombshell investigations make the news on an almost weekly basis?**

**Use this checklist of what to look for before making your next supplement purchase.**

#### **Do you know the company?**

Brands spend a lot of money trying to build trust, and trust equals consumer preference, followed by loyalty. If a brand has been around for some time, then it is likely to have invested in product quality and GMP (Good Manufacturing Practices) compliance, as all supplement companies are required to by the FDA. If you're not sure of the company, then look up the name on the sites of Dun & Bradstreet or the Better Business Bureau.

#### **Can you reach customer service?**

If there is a toll-free number with real people on the other end of the phone, chances are the company spent the money on investing in the infrastructure to support the products in the marketplace. Many times smaller companies will outsource the production and operations of products, then have no way for customers to contact them. If you can't reach them, be wary.

#### **Can you find a third-party-analysis mark on the label?**

There are sites out there like [consumerlab.com](http://consumerlab.com) that do a lab analysis on products to see if they meet label claims. In fact, you can request a Certificate of Analysis from the manufacturer to ensure that what's on

the label is in the product. Another way to verify that the supplement is of a high quality is to look for third-party organizations' trust marks on the label. Marks like NSF, USDA Organic, or even USP are awarded only if the supplement company has passed the stringent review process.

#### **Look for clinical studies**

Weight-loss or sports-nutrition products typically have one or more ingredients in clinically validated amounts, which allows them to make claims like "build muscle," "recover faster," or "lose weight." Oftentimes the clinical studies will be referenced on the product packaging or on the website. If not, searches on sites like PubMed, Google Scholar, or ScienceDirect with the ingredients and/or product name will help yield results you can evaluate. The amount of micrograms, milligrams, or grams of the active ingredient listed in the clinical study should be in the product. Protein, creatine, EFAs (essential fatty acids), and other ingredients have a variety of different dosages and source types, so be sure you look specifically at the ingredient when searching. For example, pea protein versus whey protein concentrate or 180mg of EPA to 120mg of DHA for your EFA blend would be a more specific search.

#### **Buy from reputable retailers**

Leading retailers will often do independent analysis, which means that when considering a product, you should try to buy it from a store you trust. Some retailers even train associates to help answer any questions you may have, which is helpful in whittling down choices.

#### **Look at ratings and reviews**

This may seem obvious, but oftentimes you can find consumer ratings on the manufacturer website or third-party retailers. Look through them in detail to see common questions and comments. Other consumers often post about their experiences, good and bad.

If you follow these tips you should be able to find supplements that are effective and safe. There are a lot of quality products and companies out there that are continually raising the bar. This guide will help you keep up.

 **The dosage of active ingredients in a particular supplement should be linked to a study proving it is effective.**





## FALL SUPPS

### PROTEINS

A high-quality protein powder should be the first thing you reach for when trying to build muscle. There are tons of products out there, but many use inferior forms of protein and are loaded with fillers, so choose brands with a high protein content per serving that deliver either fast-absorbing or slow-release dietary proteins—or both.

#### KEY SELLING POINTS



Builds muscle



Improves endurance



Gluten-free



Aids in recovery



Animal-based protein



Low carb



Contains digestive enzymes

#### CARNIVOR BROWNIE

MUSCLEMEDS



PROTEIN TYPE: Beef

PROTEIN PER SERVING: 15g

BONUS: Made with real chocolate for a homemade taste

FEATURES:



#### MUSCLE INFUSION

NUTREX



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 25g

BONUS: Has six different types of whey

FEATURES:



#### GOLD STANDARD 100% CASEIN

OPTIMUM NUTRITION



PROTEIN TYPE: Casein

PROTEIN PER SERVING: 24g

BONUS: Almost 5g of BCAAs and 5g of glutamine per scoop

FEATURES:



#### MYOZONE

BIOQUEST



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 25g

BONUS: Fast absorbing and contains creatine

FEATURES:





# ARE YOU READY FOR GROWTH HORMONE? THINK ABOUT IT...

**If** human growth hormone didn't boost physical performance, increase muscle mass, reduce body fat and greatly enhance recovery, energy & endurance... why has virtually every professional and amateur sport governing body tried to ban it?

**But if you're an "unregulated" athlete,** normal human being or someone who just wants to experience the power of elevated GH levels... you need to know about Growth Factor-9.™

**This unique GH boosting formula** is protected by TEN United States Patents\*. Backed by a 100% money-back guarantee. And is the first and ONLY oral compound shown to enhance the body's own growth hormone levels by a mean of 682%.

**Feel the power** of increased growth hormone levels for yourself. But first get all the facts at [GrowthFactor9.com](http://GrowthFactor9.com).

**Patent protected Growth Factor-9** is available at GNC, BodyBuilding.com, Lucky Vitamin and Vitamin Shoppe, or direct from the manufacturer: [GrowthFactor9.com](http://GrowthFactor9.com) **1-800-580-9365** Use promo code **THINK8** for free shipping†. **Do not accept substitutes or look-alikes.**



†Free standard shipping in the continental U.S.A. only. All trademarks are the property of their respective owners.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. \*Growth Factor-9 is protected by U.S. Patent Numbers 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,765,195; 8,747,922; 8,808,763; 8,808,764 and 8,815,311. Individual results will vary. ©2015 All Rights Reserved. BR15722-2

**ISOMORPH 28**

APS NUTRITION



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 28g

**BONUS:** Extremely small protein molecules for complete absorption

FEATURES:

**AMPLIFIED WHEYBOLIC EXTREME 60 ORIGINAL**

GNC PRO PERFORMANCE AMP



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 60g

**BONUS:** Studies show it can boost strength by 30%

FEATURES:

**BEST PROTEIN**

BPI SPORTS



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 24g

**BONUS:** Independently verified by ChromaDex for quality and purity

FEATURES:

**CARNIVOR**

MUSCLEMEDS



PROTEIN TYPE: Beef

PROTEIN PER SERVING: 23g

**BONUS:** World's first beef protein isolate

FEATURES:

**NYTROWHEY ULTRA ELITE**

PROSOURCE



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 21g

**BONUS:** Up to four times the leucine content of other brands

FEATURES:

**PERFORMANCE SERIES NITROTECH**

MUSCLETECH



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 30g

**BONUS:** Also contains creatine

FEATURES:

**HYDRO WHEY**

OPTIMUM NUTRITION



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 30g

**BONUS:** Fast protein delivery

FEATURES:

**ISOFLEX**

ALLMAX



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 27g

**BONUS:** Contains 19 amino acids

FEATURES:

**ZERO CARB ISOPURE**

THE ISOPURE COMPANY



PROTEIN TYPE: Whey

PROTEIN PER SERVING: 50g

**BONUS:** Contains zero sugar

FEATURES:





**EXPLOSIVE  
ENERGY**

**SUPERHUMAN  
STRENGTH**

**VOLCANIC  
POWER**



**ERUPTING  
JANUARY 2016**

222mg CAFFEINE  
6.5g GLYCEROL  
1.5g L-CITRULLINE  
0.5g TAURINE

**FORCE  
FACTOR**



[www.ForceFactor.com](http://www.ForceFactor.com)

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FAT BURNERS

Thermogenics stoke your metabolism, boosting fat burning to give you the edge you need to shred those last few layers of flab, and they also increase energy and focus, making workouts a no-nonsense affair. Go for fat burners with ingredients like caffeine, green coffee, cocoa, capsaicin, and guarana to push your physique to perfection.

### KEY SELLING POINTS

- Boosts energy
- Increases testosterone
- Take before working out
- Improves endurance
- Take before breakfast
- Available in pill or capsule form
- Boosts metabolism

## BETASTAX ELITE

BIOQUEST



MAIN INGREDIENT: PureWay-Slim

BONUS: Liquid SpeedCap tech works fast

FEATURES:



## BURN XS

BPI SPORTS



MAIN INGREDIENT: Lipotropic blend (proprietary)

BONUS: Can give you intense focus

FEATURES:



## HYPER SHRED

BSN



MAIN INGREDIENT: Advantra Z

BONUS: Only need one capsule per day

FEATURES:



## LEAN-EFX

FORMUTECH NUTRITION



MAIN INGREDIENT: Thermo EFX (proprietary)

BONUS: Enhances mood and energy all day

FEATURES:



## JETFUEL

GAT



MAIN INGREDIENT: Caffeine

BONUS: Fast-absorbing liquid delivery

FEATURES:



## PHENBUTEROL

MUSCLEMEDS



MAIN INGREDIENT: Grains of Paradise

BONUS: Burns body fat, not muscle

FEATURES:



## LIPO-6 RX

NUTREX



MAIN INGREDIENT: TeaCrine

BONUS: Long-lasting energy without the crash

FEATURES:





# 1 THE ONE THAT STARTED IT ALL FIRST, BUT NEVER FINISHED

Scivation XTEND. The **first** intra-workout BCAA drink mix, and the **first** to push the boundaries of BCAA technology.



**7g**  
BCAAs

**0g**  
CARBS

**0g**  
SUGAR

🔥 **BURN FAT**    🏋️ **BUILD MUSCLE**    ⚡ **RECOVER FASTER**

## SCIVATION XTEND IS FIRST IN:

**PRODUCT PERFORMANCE** – Backed by 2 University Studies\*

**QUALITY** – Certified by NSF for Sport and Informed Choice

**MIXABILITY** – Highly Soluble with No Powdery Residue

**HYDRATION** – Electrolytes for Improved Performance

**FLAVOR** – 12 Delicious Choices to Choose from

**BE FIRST, BUT NEVER FINISH.**



Certified for Sport\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

\*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



**SCIVATION**  
**SCIVATION.COM**

**THERMOSTERONE**

OUT OF THE LAB



MAIN INGREDIENT: Capsicum extract

BONUS: Body-weight usage recommendations for best results

FEATURES:

**SST**

PERFORMIX



MAIN INGREDIENT: Sensoril

BONUS: Specially coated for PH-activated release

FEATURES:

**STIMFREE**

PERFORMIX



MAIN INGREDIENT: Capsimax

BONUS: Contains three patented ingredients shown to be effective

FEATURES:

**BCAAs**

Most protein powders contain an efficacious dose of amino acids, but a separate amino supplement ensures your muscles have all the raw material they need to grow all day. Branched-chain amino acids (BCAAs) can keep you making gains by digesting faster than powders, preventing muscle loss, and reducing recovery time and soreness.

**KEY SELLING POINTS**

Builds muscle



Improves endurance



Stim-free



Aids in recovery



Boosts energy



Low carb



Contains digestive enzymes

**AMINOCORE**

ALLMAX



MAIN INGREDIENT: BCAAs

BONUS: Supersoluble formula

FEATURES:

**BEST AMINOS W/ENERGY**

BPI SPORTS



MAIN INGREDIENT: BCAAs derived from Oligopeptide-Enzymatic Technology

BONUS: Has an electrolyte-and-hydration blend

FEATURES:

**CANNABOL**

FORCE FACTOR



MAIN INGREDIENT: BCAAs

BONUS: The cell-hydration formula increases muscle volume

FEATURES:

**FLAVORED BCAA 12,000**

ULTIMATE NUTRITION



MAIN INGREDIENT: BCAAs

BONUS: Formulated in the most effective 2:1:1 ratio

FEATURES:





IT'S LIKE  
FEEDING YOUR  
MUSCLES  
WITH A  
FIREHOSE!

NEW!



TEAM ALLMAX  
**JOHN NGUYEN**  
IFBB PHYSIQUE PRO



## SWELL THE CELL. GROW THE MUSCLE!

**WORLD-RENNED MUSCLE PHYSIOLOGISTS ARE RIGHT!** The effect of increased pressure within the muscle during intense resistance training creates signals that tell the muscle to **GROW!** The forces of biomechanical pressure and metabolic stress brought about by intense resistance training helps to increase cell volume triggering hypertrophy.

These very processes within the body have been targeted directly in the revolutionary formula H:VOL. Never-before seen, patented ingredients headline this massive leap forward in supplementation technology.

**Supplement with H:VOL, Train for the pump, Reap the rewards!**

## HEMANOVOL is Fortified with:

### Nitrosigine®

The absolute latest in the realm of truly novel science-based ingredients. 4x increase in blood-Arginine levels and a massive 5x increase in blood flow.

### HydroMax™

Designed for extreme performance, HydroMax™ features glycerol-induced Hyperhydration. This state has been shown to dramatically enhance blood volume, resulting in massive pumps and greater muscle fullness.

### AGMAPURE®

Agmatine Sulfate is the purest, fermentation-derived Agmatine on the planet. Agmatine has quickly become THE "go to" ingredient for achieving what many call, "The Perpetual Pump".

### RC-NOS®

A patented extract that has been shown to not only increase Nitric Oxide levels, but also increases muscular contractile strength.

STACK C:VOL WITH  
H:VOL FOR THE  
BEST RESULTS!

Join the Conversation  
#GETGAINS



PRE

POST

**ALLMAX®**

PROFESSIONAL GRADE SUPPLEMENTS

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BEST PRICE  
NUTRITION



Supplement  
Superstores

SUPPLEMENTGIANT

## TESTOSTERONE BOOSTERS

You've got the best protein powder and are getting shredded quickly with a potent fat burner, but to keep up that pace, you need to make sure your testosterone levels are at their peak. To keep the gains coming, consider adding a supp to help you naturally increase testosterone to maintain muscle mass, bone density, and sex drive.

### KEY SELLING POINTS



Builds muscle



Improves endurance



Boosts energy



Aids in recovery



Increases testosterone



Stim-free



Improves stamina

## ANDROBOLIC 250

APS NUTRITION



MAIN INGREDIENT: Androsterone

BONUS: 24-hour testosterone boost

FEATURES:



## A-HD ELITE

BPI SPORTS



MAIN INGREDIENT: Montanooa tomentosa

BONUS: Double strength for healthy test levels

FEATURES:



## QUAD TEST

EPIQ



MAIN INGREDIENT: Rhodiola

BONUS: Backed by four clinical studies

FEATURES:



## TEST X180 IGNITE

FORCE FACTOR



MAIN INGREDIENT: Testofen

BONUS: Also works as fat burner

FEATURES:



## T-BOMB 3XTREME

MHP



MAIN INGREDIENT: Five-Phase Hormone Optimizing Blend

BONUS: Five-step testosterone-optimizing tech

FEATURES:



## TESTROVAX

NOVEX BIOTECH



MAIN INGREDIENT: Testrothione

BONUS: Clinically shown to boost testosterone by 42%

FEATURES:



## VITRIX

NUTREX



MAIN INGREDIENT: Tribulus Terrestris

BONUS: Has L-arginine and yohimbine to increase blood flow

FEATURES:





# Lipodrene®

DIETARY SUPPLEMENT



THE WORLD'S MOST ADVANCED WEIGHT LOSS AID  
EVER DEVELOPED WITH RAPID RELEASE TECHNOLOGY!†

- **Revolutionary Diet Aid for Energy and Weight Loss!†**
- Over 1 Billion Dosages Sold and #1 Ephedra Product Available!†
- Hardcore Stimulants for an Eye-Opening Blast of Energy,  
Including 25mg Ephedra Extract & 1,3 Dimethylamylamine (DMAA)†



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EPHEDRA  
EXTRACT**

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**SUPER T**

PERFORMIX



MAIN INGREDIENT: Furosap

**BONUS:** Features 10 ingredients to support healthy testosterone levels

FEATURES:

**ANDROTEST**

PROSOURCE



MAIN INGREDIENT: Protodioscin

**BONUS:** Clinically shown to increase testosterone by 60%

FEATURES:

**TESTIFY**

RESULTS



MAIN INGREDIENT: L-carnitine L-tartrate

**BONUS:** Lowers cortisol and increases nitric oxide

FEATURES:

**MULTIVITAMINS**

We all lead busy lives, and sometimes it's tough to always get the proper nutrition to keep our bodies at an optimum level. Intense workouts coupled with long workdays demand a high concentration of high-quality nutrients. A good multivitamin provides the best insurance against missing out on any key dietary nutrients.

**KEY SELLING POINTS**

Builds muscle



Improves endurance



Boosts energy



Aids in recovery



Increases testosterone



Improves stamina



Contains digestive enzymes



Improves bone health



Improves joint health

**VITASTACK**

ALLMAX



**SPECIAL INGREDIENT:** Anabolic Support Complex

**BONUS:** Seven complete formulas in one

FEATURES:

**MUSCLEVITE**

APS NUTRITION



**SPECIAL INGREDIENT:** Antioxidants, performance compounds

**BONUS:** Includes antioxidants

FEATURES:

**PERFORMANCE PRO-PACK**

CUTLER NUTRITION



**SPECIAL INGREDIENT:** Green Food Complex

**BONUS:** Immune system support

FEATURES:

**ESSENTIALS SERIES PLATINUM MULTI VITAMIN**

MUSCLETECH IOVATE



**SPECIAL INGREDIENT:** Amino Support Matrix

**BONUS:** Twenty vitamins and minerals; 865mg of amino acids

FEATURES:





# BETTER THAN WHEY 7x MORE POWER

## MHP's PROBOLIC-SR Is 7x More Powerful Than Whey For Building Lean Muscle Mass\*

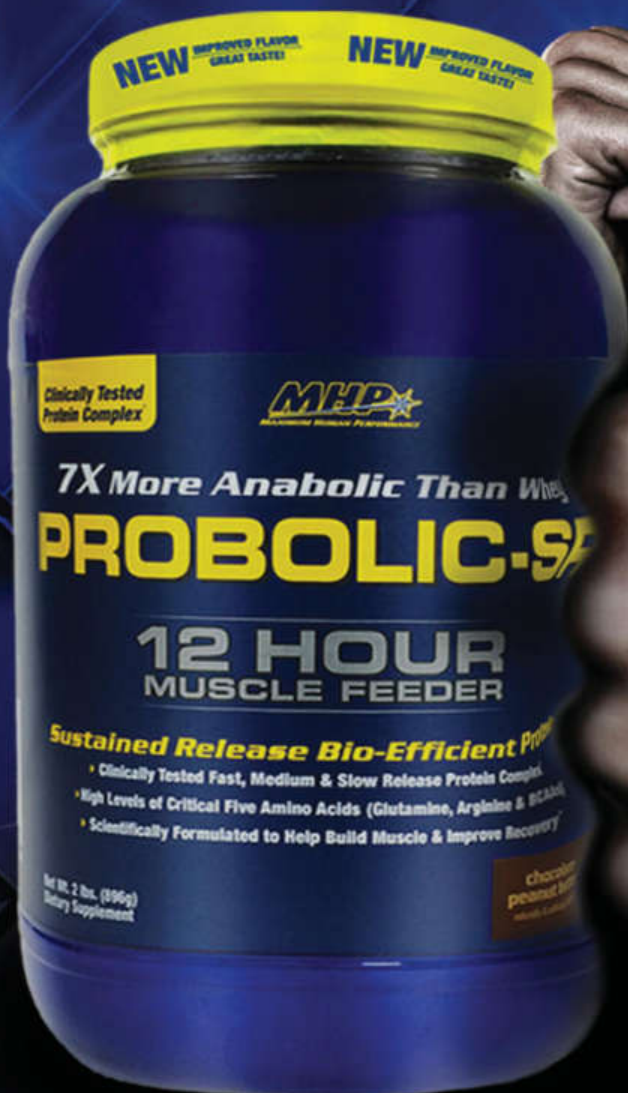
If you want to build bone crushing power and recover fully from your intense workouts, you need Fabricio Werdum's favorite performance protein – MHP's PROBOLIC-SR. This clinically tested protein blend is formulated to provide fast, medium and slow releasing proteins in one advanced formula. The combination of these precise muscle building proteins provides far greater anabolic and anti-catabolic benefits than any other single protein supplement, including whey.

### Clinically Proven Results

A groundbreaking clinical study confirms that consuming a blend of proteins as found in PROBOLIC-SR supplies a prolonged delivery of amino acids to muscle tissue for 7x greater anabolic activity and faster recovery.\* Only PROBOLIC-SR provides a fast releasing whey, medium releasing soy isolate and slow releasing casein. To enhance its already powerful anabolic/anti-catabolic properties, PROBOLIC-SR contains a patented Sustained Release Micro-Feed Technology that extends the release of amino acids for up to 12 hours.

**FOR EXPLOSIVE POWER, INCREASED MUSCLE AND  
FASTER RECOVERY, COUNT ON PROBOLIC-SR.**

**FABRICIO WERDUM**  
MMA HEAVYWEIGHT CHAMPION



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GNC VITAMIN  
LIVE WELL



VITAMIN  
WORLD



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## SPECIALTY

Beyond the basics, there are specialty supps that will help keep you in peak form. Solid pre-workout products don't just offer a satisfying pump but can actually provide a short-term strength boost. Post-workout formulas support recovery, and N.O. boosters improve blood flow and nutrient delivery.

### KEY SELLING POINTS



Builds muscle



Improves endurance



Boosts energy



Aids in recovery



Increases testosterone



Stim-free



Take before working out



### NIOX

NUTREX



MAIN INGREDIENT: L-arginine ethyl ester

BONUS: Fast-absorbing liquid capsules

FEATURES:



### RAZOR 8

ALLMAX



MAIN INGREDIENT: Creatine

BONUS: Highly concentrated formula for maximum blood flow

FEATURES:



### NITRAFLEX

GAT



MAIN INGREDIENT: Citrulline

BONUS: A pre-workout blend that also boosts testosterone

FEATURES:



### STRONGIFY

RESULTS



MAIN INGREDIENT: Nitrosigine + CarnoSyn

BONUS: Made to increase ATP for more muscle energy

FEATURES:



### VOLCANO FURY

FORCE FACTOR



MAIN INGREDIENT: Hydromax

BONUS: Three special ingredients combine for a unique pre-workout experience

FEATURES:



### VOLCANO

FORCE FACTOR



MAIN INGREDIENT: L-citrulline, agmatine sulfate, creatine HCL

BONUS: A new generation of nitric oxide booster for bigger pumps

FEATURES:





# MULTI-PHASE PRE-WORKOUT

# ION

MAXIMUM PUMP TECHNOLOGY<sup>†</sup>

BALLISTIC MUSCLE ENERGY<sup>†</sup>

ENHANCED MENTAL FOCUS<sup>†</sup>



# P E R F O R M I X™

**GNC** **B** BODYBUILDING.COM™  
LIVE WELL

f t i /PERFORMIXDRIVEN

<sup>†</sup>When used in conjunction with a regular exercise program.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



### ALL IN ONE **ISOPURE AMINOS**

contains everything you need to be on the right path for recovery. The 10-calorie amino acid supplement combines 5g of BCAAs with 700mg of tart cherry, 100mg of L-theanine, and 30g of vitamin C to provide you with head-to-toe recovery.



# Anabolic Aminos

Stave off catabolism with our supp of the month.

BY RAZVAN RADU

**THERE ARE TWO** muscle-related states that our bodies can be in: catabolic and anabolic. Anabolic means that the body is in a muscle-building state, and catabolic means quite the opposite, when the body tends to break down muscle tissue. The best thing we can do to speed up recovery is keep our anabolic switches turned on as often as possible throughout the day to prevent muscle breakdown.

One way to do this is through BCAA supplementation. A constant stream of leucine-rich aminos provides your muscles with their essential building blocks, resulting in increased muscle protein synthesis and greater workout intensity.

Combining BCAAs with antioxidants, anti-inflammatory agents, and other aminos enhances recovery. Here are several other ingredients to further speed recovery.

## HEAD-TO-TOE RECOVERY

### 1 TART CHERRY EXTRACT

Tart cherry is a relatively new supplement that packs a punch. It has been shown to act as an anti-inflammatory, reducing soreness after training. Tart cherry also supports healthy joints and proper sleep.

### 2 L-THEANINE

The tea-derived amino helps relax your mind and take stress off the cardiovascular system. This is key in achieving a fully recovered nervous system to get your body fully firing before your next workout.

### 3 VITAMIN C

Vitamin C plays an important role in growth and development. The vitamin is used to rebuild tissue and get rid of free radicals. Maintaining a constant supply of vitamin C will help you reduce unnecessary waste while enhancing recovery.



# The Best Workout You'll Ever Have is One Click Away

## EXCLUSIVE OFFER!

From the Editors of *Men's Fitness* comes **101 Best Workouts of All Time**, the definitive exercise book that turns the world's most respected fitness experts into your personal trainers. With *101 Best Workouts*,

**THERE ARE NO MORE EXCUSES**

You will always have time to get in great shape—even if you have no time at all.

You will always have the equipment you need—even if you have no equipment at all.

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## **101 Best Workouts of All Time** gives you:

Routines for barbells, dumbbells, bands, machines, a suspension trainer, and body weight alone.

Muscle-building full-body workouts, plus body-part-specific, and upper/lower split routines.

Fat-burning, heart-strengthening cardio workouts for all the most popular machines—treadmill, elliptical trainer, stationary bike, rower, and more.



Complete, scientifically proven nutrition plans for muscle gain and fat loss.

## DISCOVER HOW TO MAKE THE WORLD YOUR GYM!

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Continued from page 106

undersized pituitary for a male. My body was in between both worlds.”

She points to this fact to help dispel a common misconception about transgender people—that trauma can create transgender feelings.

“I could talk about androgen receptor density in the hypothalamus gland and the studies that have been done there, but the simplest way to put it is that transgender people—the areas in our brains that dictate identity are analogous to the opposite gender,” Janae says. “It’s genetic. There’s a lot more to it, of course, but if you boil it down, it’s the same as having green eyes or black hair. It’s not a psychological thing.”

After surgery to remove the cancerous right testicle (today she is cancer-free), Matt began taking anabolic steroids so he could continue competing. Contrary to popular belief, Janae says she had never taken any performance-enhancing drugs until that point.

“Being a competitive lifter, obviously steroids are always a temptation,” she says. “But I competed for a decade and had never touched a thing. I was 32 years old and qualified for the Arnold drug-free. I squatted 900. I was benching more than 500 and deadlifted 716. I was drug-tested I think five different times and of course passed all of them.”

Emboldened by her brush with death, Janae decided to reveal her true self to her sons when they were aged 2, 4, and 6. She went into her bedroom, changed into a dress, high heels, and a wig, then opened the door to show her boys.

“The 2- and the 4-year-old looked at me for, like, a second, then just kept playing,” Janae says and laughs. “The 6-year-old said, ‘Daddy, you look like a girl...A really *big* girl,’ and then he kept playing, too. I think that’s the thing that bothers me most when I hear people talk about

transgender issues. It’s always, ‘What about the kids?’ Kids don’t have prejudice unless you hand it to them. I’m incredibly proud of my boys because they’ve been my biggest supporters, and they’ve taken that awareness with them to school. If anyone gets called gay or a fag, my eldest son is the first one to speak up and say, ‘And what’s wrong with that?’”

Around the same time, Matt told his mom, Diane, who was not dismissive but still prefers not to talk about it. Jerry proffered that it was just a phase. Matt’s brothers took it the hardest.

“My brother Kurt said, ‘It would have been easier for me if you had committed suicide,’” Janae recalls. “He didn’t mean that he wanted me to. He was just trying to convey how hard it was for him to accept.”

Meanwhile, “Kroc” obliterated the Michigan powerlifting scene and made a name for himself at the national and world levels. Dave Tate, a legendary powerlifter in his own right and the CEO of EliteFTS, a training reference site and gear supplier based in London, OH, signed Matt to an endorsement deal in 2006 after he won the Arnold Classic championship.

The lifting team at EliteFTS became brothers. It wasn’t long before Matt started to think he could tell the first people outside of his immediate family that he identified as a woman. In 2007, he took center stage at a powerlifting meet where he was expected to break the world record. Consumed by thoughts of transitioning, he missed every squat attempt. It was his worst bomb-out ever. Feeling a responsibility to explain to Tate why he had underperformed, Matt laid it on him.

To Matt’s shock, Tate said he understood and didn’t care about it. As long as Matt wanted to compete, Tate would be his sponsor.

“He’s been nothing but supportive,”



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Janae says. “He’s an amazing friend.”

With Janae fully out as a transgender woman, Tate remains unwavering in his support.

“In powerlifting, there are a lot of great guys, and then there are the guys who think they’re the baddest motherfuckers on the planet, and they might be bigoted or prejudiced,” Tate says. “All I could think when Matt told me was, ‘How many of these guys have your poster on their wall right now? What would they do if we posted a picture of you as Janae?’ We cracked up about it. It did not change how I felt about Matt. Matt was open about it with the team and not one of them had a problem with it. I’m proud to say we sponsored the guy. He’s a great role model. Say he gets the surgery and becomes fully female now. How does that change the things he’s done in the past? I never saw it as something that could hurt my company. If someone didn’t like it, then I didn’t want to do business with them.”

Not everyone shared Tate’s viewpoint. Another one of Janae’s sponsors told her they’d honor her contract through its expiration at the end of the year, but canceled her planned appearances.

“It’s disappointing, but it’s a business decision on their part,” Janae says. “I’m not a victim. I refuse to think of myself that way. I don’t even bring it up in interviews.”

Janae’s Facebook inbox has also been littered with lewd sexual propositions from men. “Always from the most repressed cultures,” she says, “and some of them I’m sure are the same ones who are publicly saying I’m a freak.”

Matt and Patty divorced in 2006. The strain of the transgender issue was ultimately too much to overcome. After the split, Matt considered suicide, but he was able to get through those dark days by thinking about his boys. Today, Patty and Janae maintain joint custody.

Matt married his second wife, Lauren Starkey, in 2010. Though Janae says Lauren was the love of her life, the marriage fell apart after two years because Lauren felt like she was in a lesbian relationship.

“She needed someone who was all male, and I understand that,” Janae says. “I hope I can find someone like her again someday.”

Two marriages and as many divorces would complicate life for most, but Janae says she feels an immense sense of relief to be completely out. She’s off anabolic steroids and ready to attempt another transition.

“It’s been this burden I’ve carried that’s been so heavy,” she says. “Having to hide a huge part of who you are—that’s a horrible thing for anyone to bear. I always describe it as feeling broken, like a freak or unlovable...I would drive to work with tears running down my face, then get to work like everything was OK. I did that for years.”


If all lives ultimately demand balance, it’s fair to say that Janae found it by summoning the energy to simultaneously feed the obsessions that lived in both sides of her. Today she studies fashion the way she once studied strength training. But to think of Matt and Janae as separate people or disparate halves of a split personality is to both ignore the complexity of Janae as an individual and to give close-minded skeptics an easy out to conflate transgender people with the mentally ill. And if there’s one thing Janae is tired of, it’s the idea that she’s sick in the head.

“My first wife tried to get me into her church reparative therapy where they could ‘cure me’ and that kind of stuff,” Janae recalls. “To humor her, I went and checked it out. I talked to people who had gone through it who claimed to be cured. It was a bunch of nonsense. I felt horrible for these people because all they were doing was repressing it, doing what I’d

been doing my whole life.”

In between media appearances and working full time as a pharmacist, Janae will hop onto powerlifting forums to interact with both supporters and critics. She doesn’t call out former fans for hypocrisy. She merely tells her story in simple terms, trying to be an activist for the transgender community one message at a time.

“People have this idea of the whole ‘Kroc Personality,’ because I was this crazy ex-Marine,” Janae says. “Like, ‘Oh, this guy’s just an animal.’ And that’s all true, but the thing is, toughness doesn’t have a gender. People associate those things with men because that’s what we’ve been taught as a society. Women are supposed to be meek and fragile, but that’s not the truth. Look at the UFC. The women fighters are tenacious. But as a whole, that’s been suppressed. For many years, a woman who exhibited those attributes was reprimanded for it and told that was wrong. Femininity in men, to this day, is treated the same way. Men are encouraged to be masculine; women are encouraged to be feminine. But the reality of the situation is gray.”

In Janae’s world of gray, at least one hard-line contradiction remains: Becoming a powerlifting world champion isn’t a very complex goal to accomplish when compared with navigating the uncharted path before her. The spotlight of this moment will eventually fade, and the simplicity of dividing the people in her life into supporters and bigots will give way to the monotony of the everyday. Hate isn’t always expressed in such clear terms as it is on the Internet. More often, it’s a look of shock, a quick turn in the other direction, or seats next to you left conspicuously empty on a crowded train. Living in the open and dealing with these moments—moments she never had to experience as Matt—will require nothing less than her greatest feat of strength. 

# King of Screams

**LUCIEN LAVISCOUNT** hit it big when he scored a role on Fox's comedy-horror series *Scream Queens*. Now all he has to do is survive Season 1. **BY ZACK ZEIGLER**

**Scream Queens has a massive A-list cast. Were you at all intimidated?**

My first day was press day, and the entire cast was lined up for a photo shoot. I turned around and saw... Jamie Lee Curtis, Emma Roberts, Lea Michele, and I'm like, "Shit, this is real." That was an intimidating thing on my very first day, but I was ready.

**You might have managed to turn the tables if you walked around shirtless and hit a front double biceps pose.**

I can thank my mom and dad for the genetics. [Ed note: Lucien's parents, Eugene and Sonia, were competitive bodybuilders.] My arms grow quickly. I wish my chest were as big as my arms, but my body is still maturing. I'm still finding out what works well for me.

**Where did the series film?**

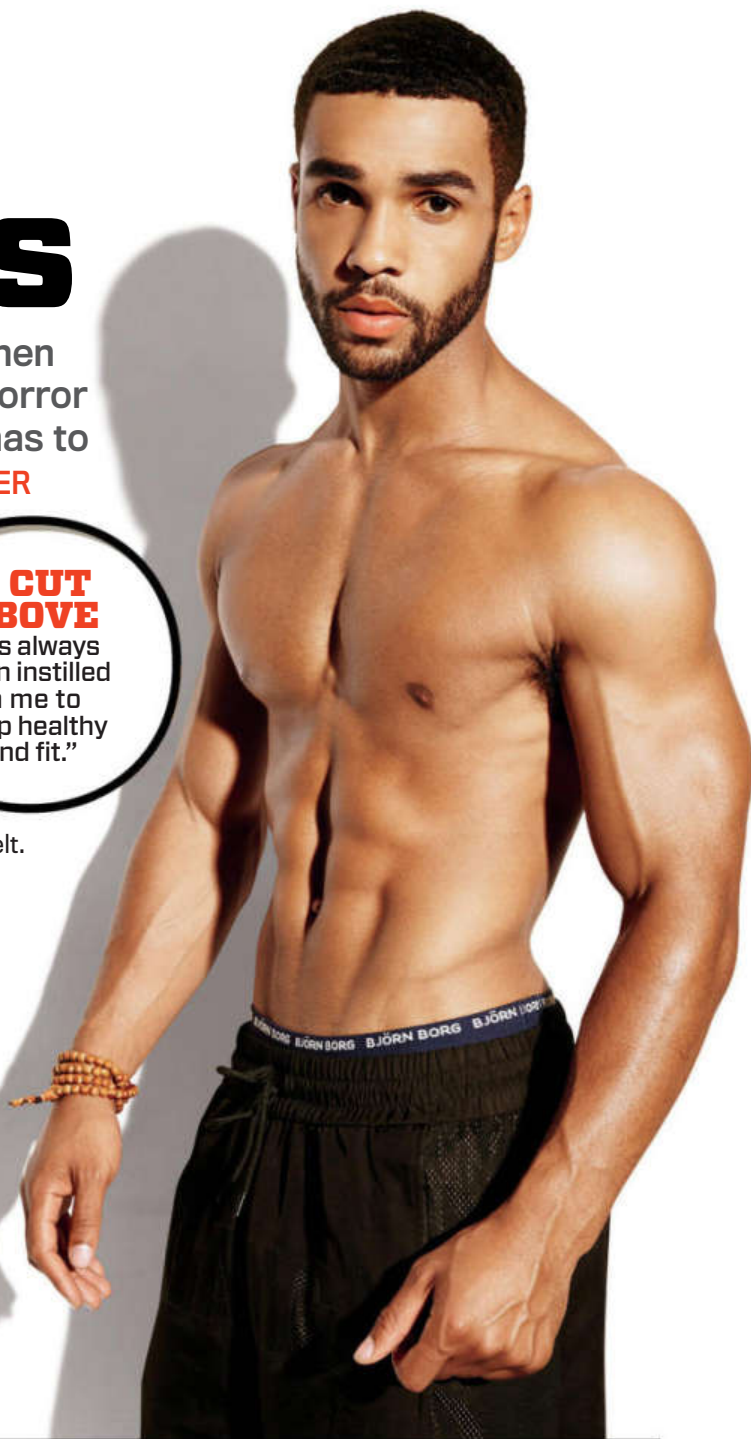
New Orleans. It's a lovely city, but it was not fun down there with the heat. You walk a block and you melt.

**Do you adjust your training to target certain roles or hope you fit into certain roles because of your physique?**

As long as I can fill out and look good in a suit, that's what I'm going for right now. But that's the crazy thing about acting—one role demands something, and another demands something else. So I need to keep a balance.

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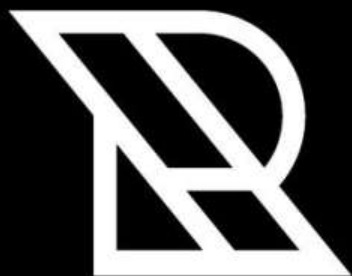
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